

north coast

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the journal

OF POLITICS, PEOPLE AND ART

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Come Hither, Dear Doc

Humboldt needs more medical providers, but they aren't exactly tearing down the redwoods to get here

By Heidi Walters

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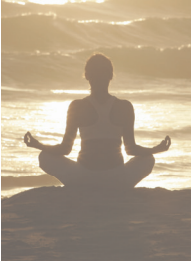


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Kathleen Bryson

Attorney

Former Humboldt County Deputy District Attorney
Member of National Organization for the Reform of Marijuana Laws (NORML)
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publisher Judy Hodgson
judy@northcoastjournal.com

editor Carrie Peyton Dahlberg
carrie@northcoastjournal.com

art director Holly Harvey

production manager Carolyn Fernandez

contributing photographer Bob Doran
bob@northcoastjournal.com

staff writer Heidi Walters
heidi@northcoastjournal.com

staff writer/news editor Ryan Burns
ryan@northcoastjournal.com

staff writer/assistant editor Grant Scott-Goforth
grant@northcoastjournal.com

arts & features editor Jennifer Fumiko Cahill
jennifer@northcoastjournal.com

calendar editor Dev Richards
calendar@northcoastjournal.com

contributing writers
John J. Bennett, Simona Carini, Barry Evans, William S. Kowinski, Jennifer Savage, Ken Weiderman

graphic design/production Miles Eggleston, Lynn Jones

general manager Chuck Leishman
chuck@northcoastjournal.com

advertising
Mike Herring mike@northcoastjournal.com
Colleen Hole colleen@northcoastjournal.com
Shane Mizer shane@northcoastjournal.com
Kim Hodges kim@northcoastjournal.com

marketing & promotions manager Drew Hyland

office manager/bookkeeper Carmen England
receptionist/classified assistant Michelle Wolff

MAIL/OFFICE:
310 F St., Eureka, CA 95501
PHONE: 707 442-1400
FAX: 707 442-1401
ncjournal@northcoastjournal.com

press releases
newsroom@northcoastjournal.com

letters to the editor
letters@northcoastjournal.com

events/a&e
calendar@northcoastjournal.com

music
thehum@northcoastjournal.com

production
ncjournal@northcoastjournal.com

classified/workshops
classified@northcoastjournal.com

MAILBOX

Got the Time?

Editor:

The essay on reality by Barry Evans ("Field Notes," Oct. 31) reminded me of a quotation from Arthur Eddington: "Not only is the universe stranger than we imagine, it is stranger than we can imagine."

A consequence of Einstein's relativity is that moving observers slice space-time in different directions so that a distant person's "now" intersects my future (or past) if she is moving toward (or away from) me. To quote Einstein: "The distinction between past, present, and future is only an illusion, however persistent. The only thing that's real is the whole of space-time."

As Brian Greene emphasized: "If you buy the notion that reality consists of the things in your freeze-frame mental image right now, and if you agree that your now is no more valid than the now of someone located far away in space who can move freely, then reality encompasses all of the events in space-time. The total loaf exists. Just as we envision all of space as really being out there, as really existing, we should also envision all of time as really being out there, as really existing, too."

If the whole loaf already exists, then free will is an illusion (yet I have no choice but to believe in it). When I face my day of judgment, I will call upon Einstein as a witness to confirm that I had no choice.

Don Garlick, Fieldbrook

An Apology

Editor:

I need to retract my recommendation that Colleen Toste be removed by the voters from the NHUSD ("Mailbox," Oct. 24). We have had private communication that indicates to me that she knows the severity of the situation detailed in the *Journal* a few issues ago. I do know how to apologize when I am wrong, and wish to do that to her here, publicly. Colleen does care, deeply.

Pam Sowerwine, McKinleyville

Co-op News(group)

Editor:

There were several recent letters to the *NCJ* from readers concerned about the current labor negotiations at the North Coast Co-op. Some concerned Co-op members have individually

A Hundred Egrets

Once as I passed by the bay
a hundred egrets stood
in the tidal flats,
and the shape of their gathering
showed where the tide
was exactly deep
as an egret's leg.
Oh how perfect,
beautifully perfect
to be an egret
in egret-high tide
and watch the little fish
twinkle at your feet
like silver ribbons!

— Barbara Dilworth

TIPS ON TRASH

- ORDER THE CHEAPEST (20 GALLON) CONTAINER
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- REPEAT WEEKLY



CARTOON BY JOEL MIELKE

addressed the Co-op's Board of Directors at routine meetings, as well as the 40th Anniversary celebration.

It has been difficult for Co-op members concerned about this issue to obtain information & conduct discussion without an infrastructure for collective dialogue. Evidently, the *Co-op News* declined to provide an in-house forum for member concerns ("Mailbox," Sept. 19), leaving the NCJ as the only available (and appreciated) public forum on the topic. Consequently, I have created a Yahoo Group structure to provide a discussion forum:

North Coast Co-op Members Concerned About Negotiations. Interested Co-op members can send an email to nccmcan@yahoo.com or enter the group's portal at Yahoo.

Sherry Skillwoman, McKinleyville

Write a letter!

Please try to make your letter no more than 300 words and include your full name, place of residence and phone number (we won't print your number). Send it to letters@northcoast-journal.com ●

Comment of the Week

"Oh, come on. You've got to be kidding. Mike Knight drank the Kool-Aid,"

— Mike Buettner commenting on David Tyson's rehire on the Journal's Facebook page

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THE WEEK IN WEED

Rules for the Tipping Point

By Ryan Burns

ryanburns@northcoastjournal.com

As the *Journal* was going to press Tuesday night, the Eureka City Council was poised to reconsider the city's medical marijuana ordinance, a set of regulations that for the past two years has been locked up and ignored like a trapped skunk — dangerous, irksome and waiting to be dealt with. The ordinance was adopted in August 2010 and modified in May 2011, but it has been on moratorium since November 2011. Why? Because city staff, in an abundance of caution, sought input on the ordinance from the U.S. Attorney's Office, which is kinda like asking the school principal for permission to burn a J in the bathroom.

In response, Northern District U.S. Attorney Melinda Haag, a notoriously zealous drug warrior, threatened legal action against the city, its employees and officials should they dare to enact a "licensing scheme" in violation of federal law. And so, the city has kept the thing locked up for two years. It just so happens that those two years have seen a sea change in Americans' attitudes toward marijuana. A recent Gallup poll found that support for legalization surged 10 percent in the last year alone, with a strong majority — 58 percent — now in favor. Two states, Washington and Colorado, have already gone there.

So has the skunk's spray gland been effectively removed? Does Haag — or any other U.S. Attorney — have the political capital to arrest local officials now that the country has called the government's drug war bluff? A more pertinent question: Are local officials willing to risk it? By the time you read this the Eureka City Council will have chosen either to green-light the ordinance, which would allow up to four dispensaries while regulating personal residential grows in city limits, or to shoot all or part of it down for any number of reasons. (The current council is considerably more conservative than the one that drafted the ordinance.)

The county's Board of Supervisors, meanwhile, has been slowly, tentatively tinkering with its draft ordinance

for outdoor cultivation. On Oct. 22, a subcommittee consisting of 5th District Supervisor Ryan Sundberg and 3rd District Supervisor Mark Lovelace proposed allowing limited cultivation (no more than five mature plants, and they can't be the stinky strains) on parcels between half an acre and five acres in size. The supes will pick up the issue again at a later meeting.

As full legalization comes rumbling inexorably down the pipe, local governments must continue to squirm in the legislative gray zone.

Elsewhere:

- A "Rocky Mountain High" joke would be way too obvious here, but it's tempting given a story in Saturday's *Denver Post* that says Colorado could see more than 100 recreational weed stores open on Jan. 1. The state's new Marijuana Enforcement Division accepted 136 applications last month alone from people looking to open fun-pot shops, and another 28 applications for businesses selling pot-infused products, the story says. Voters in the Centennial State headed to the polls Tuesday to weigh in on a 15-percent excise tax on pot producers and a 10-percent sales tax on consumers, which together could generate \$67 million annually for the state.
- Humboldt's pot scene continues to attract curious scribes from august media outlets. In the last few weeks *The Times* of London published a pair of stories, the first waxing grandiose about the last days of "bandit farmers" in the "Uttermost West." The second was mostly hidden behind a paywall, but its provocative title asked, "Will hippy ideals of cannabis soon be replaced by underworld violence?" Gosh, let's hope not. The best recent story-about-us-by-an-outsider appeared in a special pot-themed issue of *The Nation*, in which reporter Seth Zuckerman examined the environmental impact of marijuana cultivation through the lens of our uttermost western outlaw county. ●

BLOG JAMMIN'



FAWKES AND FRIENDS. PHOTO BY RYAN BURNS

COMMUNITY / BY RYAN BURNS /
TUESDAY, NOV. 5 AT 11:54 A.M.

Fawkes & Friends

A group of anonymous protesters in Guy Fawkes masks just politely rang the doorbell at NCJ HQ and handed us a flier that enumerates the ways our government is trampling on our constitutional rights, and damned if it wasn't the highlight of our day.

"We're not trying to be intimidating with the masks," explained Zeppelin-shirt Fawkes. "The point behind the Anonymous masks is we're not standing for ourselves; we stand for America, for everyone."

The protesters helped us remember

(remember?) that it's the 5th of November, day of the Million Mask March!

Some things we learned from the flier:

Our president "has forced Obamacare [sic] into act, and not listened to any of Americas' [sic] outcries on our disapproval.

"The Government has continuously attempted to take away the rights of americans [sic] to own firearms, to protect their families and homes, as well as provide food with their firearms."

President Obama is requesting a third term in office and the flier writer(s) would like to know how he's justifying that request.

POLITICS / COURTS / BY RYAN BURNS /
MONDAY, NOV. 4 AT 3:46 P.M.

Arnie Klein to Take on Gallegos

His campaign Facebook page has been up for almost two months now, but Arnold "Arnie" Klein is about to make it official: Next Wednesday, after more than four decades practicing law and nearly two years of "retirement," the 71-year-old attorney will announce his campaign to unseat Humboldt County District Attorney Paul Gallegos.

Known as a dynamic and effective showman in the courtroom, Klein spent the bulk of his career in Los Angeles, first as a deputy DA and later as a defense attorney with his own practice. His highest-profile case came in 1986, when he successfully defended the special effects coordinator from *Twilight Zone: The Movie*. (During that film's production, a helicopter accident killed actor Vic Morrow and two children.)

In 1999 Klein went back to the prosecutor's side of the aisle, taking a job with the Tulare County District Attorney's Office. In 2006 he moved up to Humboldt County, where he spent five-plus years

as a deputy district attorney. (*Journal* Publisher Judy Hodgson got to see him in action as an alternate juror in a 2008 case.)

In a *Times-Standard* profile from January of last year, former colleagues called Klein "a real gentleman ... with a wicked sense of humor," "a magician in the courtroom" and "the best trial attorney in Humboldt County."

Klein will announce his candidacy Wednesday at 12:15 p.m. on the county courthouse steps.

EMERGENCY / BY GRANT SCOTT-
GOFORTH / FRIDAY, NOV. 1 AT 2:48 P.M.

Caltrans Worker Hit by Car

A Caltrans worker is in intensive care in a Sonoma County hospital after being hit by a car in McKinleyville yesterday. According to a Caltrans press release, Equipment Operator Edward Holgersen was flagging at the Murray Road overcross at U.S. Highway 101. Holgersen, a father of four, is in stable condition.

Drive safe, folks.

continued on next page ►

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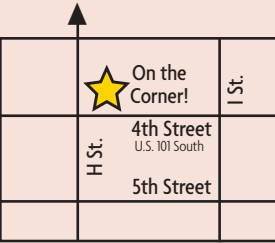
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BLOG JAMMIN'

continued from previous page

GOVERNMENT / BY RYAN BURNS / FRIDAY, NOV. 1 AT 11:49 A.M.

Former Eureka Manager Rehired as Temp

Former Eureka City Manager David Tyson, who retired last December after 12 years in the position, has been temporarily rehired to help Interim City Manager Mike Knight.

With the abrupt exit of Tyson's successor, Bill Panos, who resigned on Oct. 4 after less than a year on the job, Knight said Tyson has been brought out of retirement "to assist me with implementing some of council's visioning policies because we're short-staffed."

Since his retirement, Tyson has been working with the Land Bridge Alliance, one of a handful of regional groups bent on establishing an east-west railroad connection from Humboldt Bay to the national rail system.

While Tyson hasn't been given an official title or specified duties, Knight said he's being paid as an assistant city manager, a position with a starting salary of \$53.41 per hour, or \$9,257 per month.

The terms of his resumed employment are still being negotiated. The city retained recruiting firm Peckham & McKenney to search for Panos' successor, but Knight said the firm isn't planning to start interviewing until after the holidays.



FAIR BOARD BAR. PHOTO COURTESY OF CAROLINE TITUS

Titus, whose husband Stuart Titus was ousted as general manager of the fair board earlier this year, said she didn't know whether Rodoni consumed alcohol — or even attended — this social hour Monday night, but she said drinking is common at these gatherings, which have become a regular post-meeting occurrence.

In fact, Titus felt compelled to snap a picture (above) of libations on a bar top at a fair association meeting this past spring.

At 10:30 p.m. Monday, Rodoni was pulled over by a Ferndale police officer on State Route 211 near Substation Road, between Ferndale and Fernbridge — roughly three miles from the fair association's office. According to FPD Sgt. Adam Strieker, Rodoni was pulled over for failing to stay in the correct lane and was subsequently booked into the Humboldt County jail.

Following the death of her husband Roger Rodoni in 2008, Johanna Rodoni was appointed to fill his 2nd District seat on the Humboldt County Board of Supervisors by then-Governor Arnold Schwarzenegger. She mounted a reelection campaign as a write-in candidate that year but lost a tightly contested three-way race to Clif Clendenen. In 2010, Johanna Rodoni ran for county assessor.

A call to Rodoni was not immediately returned.

GOVERNMENT / CRIME / BY RYAN BURNS / WEDNESDAY, OCT. 30 AT 4:28 P.M.

Johanna Rodoni was at County Fair Meeting before DUI Arrest

Johanna Rodoni, a local cattle rancher, executive director of the Buckeye Conservancy and a former county supervisor, attended a meeting of the Humboldt County Fair Association Monday evening before getting arrested for allegedly driving under the influence. Rodoni is a longtime member of the fair association's board of directors.

The board meeting adjourned at about 8:30 p.m., at which point the public was asked to leave while board members held a "private social hour," according to Caroline Titus, editor/publisher of the *Ferndale Enterprise*, who attended the meeting.

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Come Hither, Dear Doc

Humboldt needs more medical providers, but they aren't exactly tearing down the redwoods to get here

By Heidi Walters

There's a story folks who recruit medical professionals to Humboldt County like to tell when they're pressed for gory details on the difficulties of their task. Well, they don't *like* to tell the story (they prefer upbeat accounts), but against their better instincts they eventually do. It involves a physician — an orthopedic surgeon, or maybe she was an ear, nose and throat specialist; nobody seems to recall exactly — who came up to Eureka with her husband to interview for a position.

"They were eating dinner at the Carter House," says former recruiter Andy Jensen, in his telling of the tale, "and one of the professional ladies from the Old Town area, one of the streetwalkers, walked over and stood in front of the window —"

"— and she was trying to proposition the husband," says recruiter Darien George in his version of the story, "and was pulling her shirt up —"

"— and exposed her breasts," continues Jensen. "And they said, 'Nope, we're not moving here.'"

Another recruit bites the dust.

But that was three or four years ago, Jensen hastens to add. It's not the usual welcome a physician candidate receives in Humboldt County, he says. Redwoods, bucolic fields, fishing boats, ocean vistas, boutiques, galleries, small-town friendliness — those greet them, too.

Even so, enticing doctors to move to Humboldt County is hard, and getting harder, say local providers — for various reasons. One provider, in Fortuna, has tried for four years to find even one replacement for her two partners who left. Mad River Community Hospital's recruiters say they used to have "binders and binders of all kinds of candidates" up until three years ago; now they're lucky



FORMER PHYSICIAN RECRUITER ANDY JENSEN SAYS IT'S EASY TO RECRUIT DOCTORS: CAST A BIG NET, SCREEN THE CANDIDATES WELL, SET REALISTIC EXPECTATIONS ABOUT THE COMMUNITY AND PAY AND "ROLL OUT THE RED CARPET" WHEN THEY COME TO INTERVIEW — CARTER HOUSE, DINNERS, TOURS.

PHOTO BY HEIDI WALTERS

if they get a handful of candidates. Some independent practices in Eureka say they no longer can afford to recruit new doctors.

Their tales share some common themes. But the job of recruiting a doctor to Humboldt entails myriad variables. In primary care, many blame recruitment troubles on the severe, nationwide drop in primary care physicians coming out of residency programs — there's simply a smaller pool of such doctors to recruit. Blame also falls on a plague of issues inherent in many rural, often isolated regions. And then a few quirks are localized — county-specific, or even practice-specific.

If a doctor does make the jump to Humboldt, studies suggest he or she will jump again within a few years. According to a July 2012 study by recruiting firm Jackson & Coker, more than half of the doctors it surveyed stuck it out in their first job for just one to five years.

This does not bode well for Humboldt County, which harbors an unhealthy share of aging, sick, poor, busted-up residents in a remote region infused with an entitled drug culture.

How do you market that to a fresh young doctor, or an experienced one looking for a change?

Because market we must — we're facing a doctor shortage that providers fear might only get worse.

OPEN DOOR COMMUNITY HEALTH CENTERS' NEWEST CLINIC, THE EUREKA COMMUNITY HEALTH & WELLNESS CENTER ON TYDD STREET, WAS BUILT WITH A \$9.8 MILLION GRANT THROUGH THE AFFORDABLE CARE ACT. OPEN DOOR CEO HERRMANN SPETZLER (IN FRONT) SAYS THE 27,400-FOOT MODERN, HIGH-TECH, GREEN-DESIGN FACILITY WITH SIX PODS OF HEALTH TEAMS SHOULD ATTRACT THE NEW KIND OF DOCTOR WHO DOESN'T WANT TO SCRABBLE AT A PRIVATE PRACTICE. PHOTO BY HEIDI WALTERS





PLASTIC SURGEON MARK PARDOE IS PRESIDENT OF HUMBOLDT MEDICAL SPECIALISTS, A NEW FOUNDATION ASSOCIATED WITH ST. JOSEPH HEALTH SYSTEM. HE SAYS IT'S A GOOD WORKING MODEL FOR DOCTORS WHO DON'T WANT THE BOTHER AND EXPENSE OF RUNNING THEIR OWN PRACTICES.
PHOTO BY HEIDI WALTERS

We Humboldtians are indeed a rather sick and accident-prone lot (in keeping with rural America, in general, according to the National Rural Health Association).

"We have an older population," says Mark Pardoe, a plastic surgeon who is president of Humboldt Medical Specialists, a newish foundation associated with St. Joseph Health System. "We also have a lot of drug use — a lot of meth and heroin use. We have a lot of heart disease and lung disease. We have a lot of people that struggle from a social and mental health standpoint. ... We have a lot of accidents — logging accidents, car wrecks, ATV accidents; there's a lot of bone-breaking here."

He's not exaggerating. The California Department of Public Health's 2013 health status profile of California's 58 counties shows that Humboldt has the highest rate of death in the state overall, and specifically for deaths from all cancers, suicide, stroke, diabetes, chronic lower respiratory disease, chronic liver disease and cirrhosis, accidents, motor vehicle traffic crashes, suicide, homicide, firearm-related deaths and drug-induced deaths. (The data is age-adjusted.)

And we don't have enough doctors — of numerous types, says Pardoe, including primary care, orthopedics, nephrology, OB-GYN, anaesthesiology, general surgery and neurosurgery. This means, among other things, that emergency call at the hospital is divided among fewer doctors who are struggling to get by in smaller practices.

Penny Figas, executive director of the Humboldt-Del Norte Medical Society, says people often call to ask for help finding a

doctor. And her tracking of local doctor movements — coming, going, retiring, dying — indicates a shortage. Many of our docs are getting old and retiring, a trend Figas has been tracking for years.

In Humboldt County, more than 60 percent of specialists and 40 percent of primary care doctors are over age 60, says Figas. And while there are about 233 physicians practicing in Humboldt County, so many are working part time that the full-time-equivalent number of physicians is just 181.4.

Some doctors are retiring because they don't want to deal with computers. Under the Affordable Care Act, practices are required to switch to electronic medical records by 2014. Family practitioner Hal Grotke, who bought Redwood Family Practice in Eureka in 2012, says he lost two physicians for that reason.

Other doctors — new and old — have packed their bags and moved to other climes.

Of those still practicing here, many are semi-retired. Others are overworked. Some have joined larger local groups — such as Open Door Community Health Centers or the St. Joseph-affiliated Humboldt Medical Specialists. But many work in independent, smaller practices and, in some cases, are working longer hours, including weekends and evenings, and foregoing vacations.

Allen Mathew, of Redwood Renal Associates in Eureka, told the *Journal* earlier this year that he is the only private practice nephrologist (kidney doctor) in an area stretching from Grants Pass to Ukiah and Eureka to Redding. He has 800 patients. He's been trying to recruit a new partner since his left for Montana.

Rosa Rangel, an internist at Redwood Internal Medicine in Fortuna since 1995, is fiercely hanging on now as a solo practitioner. She used to have two partners, and together they handled patients in the office for routine care, at the hospital when they were admitted, in other facilities and even at patients' homes.

One partner retired four years ago. Rangel and the other partner tried, in vain, to recruit a replacement.

"The second partner, after two years, said 'I can't do this anymore,'" Rangel says.

He wanted her to cut out the hospital work. Rangel wanted to continue doing everything. So he moved to San Francisco, and Rangel spent the next six months either working or on call 24/7.

"It was wreaking havoc on my personal life," she says. "My husband was getting cranky because he wasn't seeing me. My daughter was 10 when all of this started, and she was very vocal; she said, 'I miss you."

continued on next page ►



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You're never home. We never have dinners together anymore."

Then doctors from three other Fortuna medical groups stepped in and took on most of her call, cutting it back from every day to just six days a month.

"They saw that I was drowning," she says. "They were wonderful."

She still had to work seven days a week, up until this October when Redwood Memorial (and its sister hospital, St. Joseph Hospital in Eureka) started using hospitalists — doctors who only work in the hospital — to handle call.

It was inevitable, she says. "Probably more than half the physicians in Fortuna are going to be retiring in the next year or two. How do you take care of patients in the hospital if there are no physicians to take call?"

Hospitalists can take up some of the slack, but it might not be enough. In short, we're bleeding docs, and the rest are being run ragged by the increased workload.

Recruiting doctors is expensive. An outside recruiter can cost \$25,000 up front, according to Grotke, plus expenses for all the wining and dining. And, of course, hiring a new doctor also costs money. In some cases a new hire is promised a guaranteed income for the first few years in order to establish a patient base.

Some local private practices say they used to get help with their recruitment costs from St. Joseph Hospital. Family practitioner Lee Leer, president of Eureka Family Practice, says that since the hospital developed its own physician group (which he has not joined), it has diverted recruitment funds toward recruiting into that group. "They made it clear to us" they weren't going to help recruit again, Leer says.

Grotke says St. Joseph Hospital quit helping him with recruitment when his last recruit left Humboldt after less than a year — "His husband didn't like the area," says Grotke. "They moved to Las Vegas." The hospital had paid for the recruit's move, given him money for a downpayment on his house; Grotke says his clinic guaranteed the new physician's income. The deal was, if he stayed four years, the loans would be forgiven. The doctor hasn't paid back the money — an amount Grotke can't disclose because he signed a confidentiality agreement — and now Grotke is on the hook for it.

Asked about these claims, David O'Brien, president of St. Joseph and Redwood Memorial hospitals, said in an e-mailed statement, "Our hospitals continue to recruit for our medical foundation, Humboldt Medical Specialists, as well as local private physician practices."

Leer says he can't afford to recruit new doctors. And he doesn't have the pile of doctors' resumes St. Joseph's recruiter used to send over. Two of Leer's doctors work part time, one of whom is close to retiring. Leer isn't sure what his practice will do when it's time to hire another doctor. "We're just burying our heads in the sand," he says.

Even if a practice or group can afford the recruitment, getting doctors to come remains a challenge — sometimes for reasons beyond Humboldt's control.

There is a nationwide shortage, for instance, of primary care doctors — those internists, family practitioners, pediatricians and general practitioners on the front lines of keeping us all healthy. While demand is rising, the number of medical students going into primary care is dropping. Instead, says Vicky Sleight, who works with recruits at Mad River Community Hospital, new doctors are entering specialized fields where they can make more money to pay off their whopping school debt, and where they might also have a chance of a life outside of work. Primary care physicians are the lowest-paid physicians, and yet (in general) they see more patients than most specialists — and their workload is projected to increase as the country's population ages.

It's a trend that sits cockeyed with another one: Today's young doctors apparently don't want to work all the time.

"A lot of people coming out of residency these days, especially young physicians, are looking for a 9-5 job with guaranteed income," says Leer. "They want to be in a large group that can afford to hire employees, pay good benefits, give plenty of time off."

They want to be employees, practicing their craft, not small-business owners dealing with staffing, insurance and Medi-Cal reimbursements and related headaches.

"When you're talking to these young physicians coming out of residency, you tell them they're going to have to take call and they laugh at you," Rangel says.

By 2025, the nation's physician shortage will have increased to 130,000, half of which will be in primary care, estimates the Association of American Medical Colleges.

"We're competing against so many doctors' offices and clinics and hospitals for primary care doctors," says Sleight. "The one that dangles the biggest diamond or shiny thing in front of them, gets them."

So what can rural areas like Humboldt do?

Pay? Maybe, if the area can offer higher salaries than urban competitors, as some rural communities have found a way to do. Local providers are cagey about revealing



INTERNIST ROSA RANGEL, OF REDWOOD INTERNAL MEDICINE IN EUREKA, SAYS NEW INTERNISTS DON'T WANT THE LIFESTYLE SHE LOVES — WORKING IN A RURAL, TRADITIONAL PRACTICE SEEING PATIENTS IN THE OFFICE, HOSPITAL, OTHER FACILITIES AND EVEN AT THEIR HOMES. PHOTO BY HEIDI WALTERS

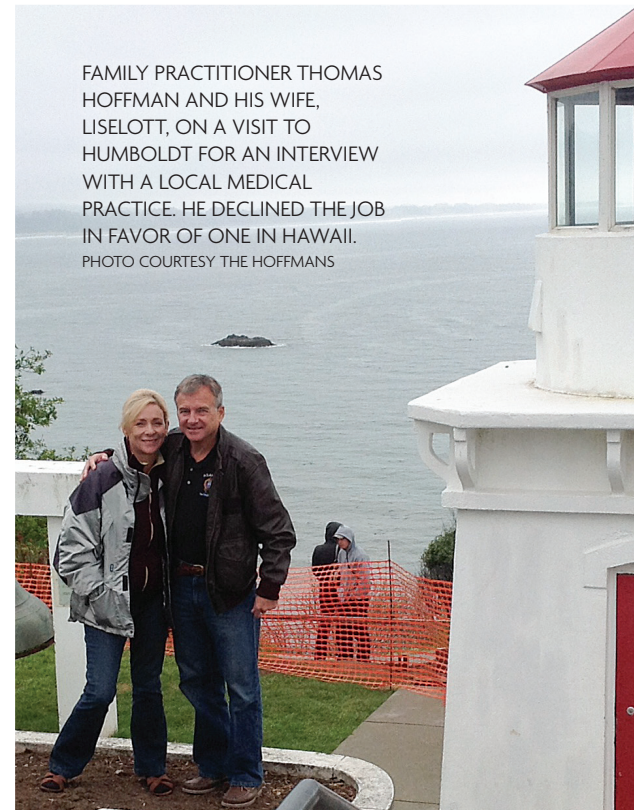
specifics on salaries. One, internist Rangel in Fortuna, said she knows that what she can afford to offer potential partners is as much as \$45,000 less than what they'd make in a big city. Plus, rural communities tend to have a higher percentage of patients on Medicare and Medicaid/Medi-Cal. That's a problem because reimbursement rates for these government programs are smaller than those for private insurance — and they keep shrinking. Roughly 70 percent of St. Joseph's patients are on Medi-Cal and Medicare, says John Gierek, a board trustee who oversees the recruitment and retention committee for St. Joseph and Redwood Memorial hospitals.

"The hospital and doctors are not totally covered on those payments," says Gierek. "Combine that with those with no insurance, and you have commercial insurance and philanthropy having to pick up the rest."

The federal government deems Humboldt a "health professional shortage area," so certain health providers, including Open Door Community Health Centers, can offer recruits student-loan repayment programs through the National Health Service Corps. All they have to do is work a set number of years in local clinics. There's a similar state program.

Cost of living? Depends on where you're coming from. Grotke was in Ventura County before he moved here. It was 2006; the median home price there was \$600,000. He couldn't afford it. When a recruiter from Humboldt sent him a card saying "California coastal community with affordable housing

FAMILY PRACTITIONER THOMAS HOFFMAN AND HIS WIFE, LISELOTT, ON A VISIT TO HUMBOLDT FOR AN INTERVIEW WITH A LOCAL MEDICAL PRACTICE. HE DECLINED THE JOB IN FAVOR OF ONE IN HAWAII. PHOTO COURTESY THE HOFFMANS



needs a family doctor," he jumped.

Opportunity for spouse? That's a tough one. Most recruits are married. Their spouses usually are professionals, too. And finding jobs for them here is not easy.

Grotke's wife, an elementary school teacher, had to substitute teach for five years before she landed a permanent job. They stayed because everything else clicked: They love the drizzly weather. He's happily serving on several community boards. And they could afford a house.

Weather? If cold, wet and gray is your thing.

Thomas Hoffman, a family practitioner in Hawaii, twice almost took a job here. In 2009, instead of joining Eureka Family Practice, he accepted a flight surgeon position with NASA's space shuttle program, based in Hawaii. In summer 2012, after that contract ended, Eureka Internal Medicine brought him and his wife out for an interview.

"They put us in a bed and breakfast," he recalls. "We were invited over to a doctor's house. They live in a remote area and we saw three deer as we drove there. We got a tour with a real estate agent to see some areas to live and to understand the area. We had dinner with the other doctors in the practice at a real nice place on the water. They were very good to us. It was very nicely done — not overkill, but classy."

The salary seemed competitive, the cost of living seemed reasonable and he and his wife found Old Town nice and quaint.

But ...

"My wife is from Sweden," Hoffman says.



"She doesn't want to go back to the cold."

He was offered a new job in Hawaii, and took it.

Location? Mountains! Trees! Rivers! Ocean! All shiny. As long as you don't mind endurance travel to get to loved ones elsewhere in the country, your spouse can find meaningful work and you don't mind the lack of big-city entertainments.

Rangel says of the hundred internist candidates she interviewed over the past two years, more than half dropped out when they saw where Humboldt really is.

"They say, 'Northern California!'" Rangel says, mock wonder in her voice. "I say, 'Where in California do you think I am?' They say, 'San Francisco.' I say, 'No no no no, look on the map — north.' I tell them I live in a town of 800 — Hydesville. Work in a town of 10,000. We have two stoplights. And they say, 'No.'"

Quality of life? Yes! Or, maybe. Azalea Realty's Michelle Voyles, co-chair of the community health advisory board for Mad River, takes the hospital's recruits on a tour when they come for an interview. She tells them about our diverse and high-performing schools, Humboldt State University, the ocean, the rivers, the beaches, the trails, the farmers markets, the mom-and-pop shops, the state and national parks. She drives them around Eureka, Arcata, Trinidad, Ferndale, Samoa.

"They always ask about the tsunami sign," says Voyles. She tells them about world-renowned earthquake scholar Lori Dengler up at HSU.

They see the homeless people, too. And the layabouts on the Arcata Plaza. And, one time, the guys with the yaks. "I said, 'Well, this is Arcata.' They laughed."

What they don't laugh at, says Karen Thomas, with Mad River's recruitment team, is all the "abandoned buildings and 'for rent,' 'for rent,' 'for rent' as they're driving through Eureka. I think we've lost candidates because of all the empty buildings."

Culture? Are we talking art galleries (thumbs up!)? Or something more, uh, mind-altering?

In 2009, Jennifer and Judd Dawson, both doctors of osteopathy, moved to Arcata fresh out of their residencies in Colorado to work at two of Mad River Hospital's primary care clinics. They were the ones who initiated contact with the hospital, says Jennifer Dawson — they wanted to live in a small town in Northern California, with

outdoor activities, good schools for their son, who was 2 at the time, and a low crime rate; Arcata seemed to fit.

Judd went to work in Arcata, and Jennifer was stationed as the sole family provider at Six Rivers Medical Clinic in Willow Creek. She worked there four days a week.

"My first day of work, I walked in and I had some patient tell me, 'This is the pain medication I want.' I said, 'Really?' They're supposed to come in and explain to me what the problem is and then we discuss a plan of care."

And it was like this with many of her patients there, she says. "Providers had been prescribing pain meds to them for a very long time. The patients didn't want to get off of them." And they refused to do physical therapy or other pain management besides drugs.

"A lot of patients gave me pushback," she says. "They would argue with me and give excuses." Down in Arcata, says Jennifer, an elderly patient told her husband she sold her meds to supplement her social security, and another one threatened Judd's staff because he wouldn't give him narcotics. Both Dawsons, at different times, filed police reports, she says.

"It wasn't a partnership to get people better," she says. "They expected me to be their drug dealer."

Most of her patients also asked her about getting medical marijuana, she says; in her Colorado practice, it's a rare request.

"As we learned over time, that is how it works all over Humboldt County," she says. "It wears on you when you're trying to do the best for people and they don't care, they just want to do what they want. It sucked the joy out of my job."

Finally, they'd had enough. "We took a short sale on our house and screwed our credit to get out of there," says Jennifer. "We wanted out."

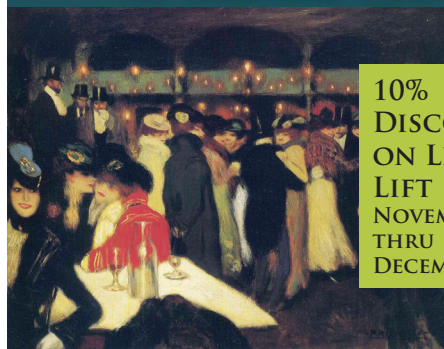
Several local recruiters and providers we talked to said the marijuana culture is a big doctor deterrent.

Maybe recruitment efforts here need to take another approach, or at least add more tactics. Andy Jensen says it's not actually that hard — he's recruited dozens of doctors to Humboldt, he says, including for St. Joseph Hospital and, more recently, Eureka Internal Medicine where he has been the practice manager (he starts a new job in mid-November as the north coast regional manager for Partnership HealthPlan, a new Medi-Cal provider).

You just have to cast a wide net. And, he says, he used to prepare recruits before-

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ON THE COVER

continued from previous page

hand, so they were not shocked by street-walkers and hippies.

"I tell people, 'We're going to put you up at the Carter House,'" he says. "The bad news is, the Carter House is in one of worst neighborhoods in town. The good news is, that's one of the worst areas in town."

Get it? Folks from the big city would.

Herrmann Spetzler, CEO of Open Door, thinks recruiting has to be *shaped* — stretch that net into a hook and fling it at specific targets. For example, he says, Humboldt providers should be recruiting the older doctors — because young ones need mentoring — in less traditional ways.

"The carrot is solely the community when you are trying to [recruit] a 45-year-old doctor," says Spetzler. "We tend to stick with professional journals, or head-hunters, to recruit. I'd like to propose we run ads in the equivalent of *Field & Stream* or *Backpacker Magazine* or *Sea Kayaker Magazine*."

As for those young doctors, something has to entice them to stick around once their loans are repaid. "National statistics show that very many young people will return to where they went to high school for their permanent place of practice," Spetzler says. "Often that has to do with extended family." Young doctors often have young

children, and grandparents wheedle the doctors back home.

"I think what the community needs to do is to adopt a recruitment program for grandparents," Spetzler says. "If we could get the grandparents to move here, and give them a great place to retire, then we can keep these young recruits."

Spetzler's other big idea is to start a resume exchange with other companies and organizations who hire professionals.

"So when HSU is hiring someone in their administration, or a professor, the spouse's resume goes into a resume pool that all of us looking for educated staff would go to first — before we go out and look outside the area."

If we can't entice the extended families to up stakes for Humboldt, then at least maybe we can make their travels less frustrating. "The county needs another airline,"



HERRMANN SPETZLER, CEO OF OPEN DOOR COMMUNITY HEALTH CENTERS, SAYS RECRUITERS NEED TO TARGET THE EXTENDED FAMILY OF DOCTOR CANDIDATES — SHOW THEM HUMBOLDT'S A FINE PLACE TO RETIRE.
PHOTO BY HEIDI WALTERS

says Pardoe, with Humboldt Medical Specialists. "That's the big challenge."

And to make everyone's life more fun, Penny Figas says the medical society is hosting more social events to connect doctors and their families to others — especially primary care docs, because they spend less time in the hospital on call now that there are hospitalists for that. Events include membership meetings, Friday beer rounds at different

establishments and "walk with a doc" programs (on nature trails).

Finally, the hospital foundation and the independent practices must sort out their differences, says recruiter Darien George, who is managing partner at the executive search firm Mackenzie Eason. He used to recruit for St. Joseph. He says when the hospital was undergoing a lot of regime changes, CEOs and such coming and going,

it made everyone look bad to recruits. Besides, he says, there aren't enough candidates to compete for, and new doctors should have a choice here of what type of model they want to work in. Maybe they want the security of the hospital's big foundation. Maybe they want to be a scrappy country doc.

"The best way to approach it is to have multiple avenues to recruit in," George says.

If that all happens, maybe we'll get more doctors — specifically more doctors like Leer, Grotke, Pardoe and Rangel. The ones who stick around.

The key to such longevity may be as simple as loving this rural variety of hard work. Rangel works with patients in the hospital, works in the office, makes house calls, goes to nursing homes and assisted living facilities. "You're a rural physician and that's incredibly fulfilling," she says. "I have had the most fun in my career since I left Chicago. I love, love, love my practice. I love running into my patients in Safeway — they tell you how to can tomatoes, tell you how to embroider correctly, take you fishing, bring you crab, teach you how to fix your diesel engine."

A doctor like that probably won't faint if some lady bares her bosom in the window of the Carter House. ●

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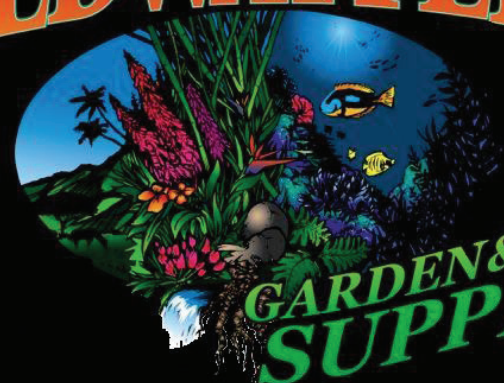
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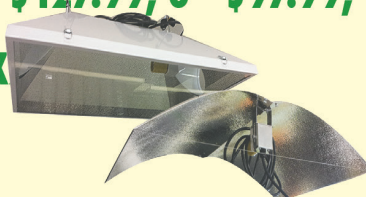
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GET OUT!



"WHO'S THAT PAINTING ON MY BRIDGE?" PHOTO BY GREG O'LEARY

Happy Trails

A couple of days with the volunteer trail stewards

By Rees Hughes

outdoors@northcoastjournal.com

After seemingly endless days of sun, it was one of those bone-chilling, gray mornings that make staying home very attractive. But Jane Stock and Susan Penn, Volunteer Trail Steward coordinators for Eureka's Hikshari' trail, had tasks and tools to keep the several dozen volunteers busy and refreshments to take the edge off of the marine layer. Teams of stewards scattered north and south to remove graffiti, pull invasive plants (like the aromatic but ubiquitous fennel) and collect trash (one volunteer waded in the edge of the muddy shoreline to pull out a shopping cart). It was incredible what this many hands accomplished in a couple of hours.

The Volunteer Trail Stewards, a citizens' brigade modeled after successful programs in the East Bay Park system and elsewhere across the country, is a

Upcoming Work Days

Saturday, Nov. 9, 9-11 a.m. Hikshari' Trail work day. Meet at the parking lot at the west end of Hilfiker Avenue. Contact Jane Stock (444-2357) or Susan Penn (susanpenn60@gmail.com).

Saturday, Nov. 16, 9 a.m. to noon Friends of the Dunes/Ma'le-l South Dunes work day. For more information, contact Friends of the Dunes at 444-1397 or info@friendsofthedunes.org.

Saturday, Nov. 16, 9 a.m. to 1 p.m. Arcata Community Forest work day. Check www.humtrails.com or email Rees Hughes (hughes@humboldt.edu) for meeting location.

Saturday, Dec. 7, 9-11 a.m. Hammond Trail work day. Check www.humtrails.com or email Stacy (sbecker@reninet.com) for meeting location.

Saturday, Dec. 14, 9-11 a.m. Hikshari' Trail work day. Meet at the parking lot at the west end of Hilfiker Avenue.

Saturday, Dec. 21, 9 a.m. to noon Friends of the Dunes/Ma'le-l South Dunes work day. Contact Friends of the Dunes at 444-1397 or email info@friendsofthedunes.org.

Watch www.humtrails.com for updates or contact the Volunteer Trail Stewards coordinator of the trail(s) you are interested in helping with to get on the e-mail contact list.

program of the Humboldt Trails Council, a small local nonprofit. The local stewards effort began about three years ago, and now has several hundred volunteers at four locations. Humboldt County Public Works Department Deputy Director Hank Seemann, who is not prone to hyperbole, says the program "has been one of the great developments for trails over the past many years."



Penn says that she got involved with the Hikshari' stewards program because, "I simply can't imagine *not* doing as much as I can to make this spot better, to honor the people who fought to make it accessible to the greater

public and to restore the native beauty." The area has been a personal sanctuary, a place to go for a brisk walk or to watch the seasons change for many years, she says, calling it one of "Eureka's secret treasures."

The 1½-mile-long Hikshari' trail is a gem. Walking north from the Hilfiker parking lot, the trail hugs the edge of the bay, and farther south, after a wooded corridor, the landscape opens up with views over the Elk River Slough. "Well-maintained public spaces like trails," Stock observes, "are essential to a healthy community." That day, there were cyclists, walkers and joggers of all ages and speeds.

Seemann says that one of the greatest challenges for public agencies willing to build new trails is not the cost of building, but the cost of maintaining and managing a trail. The county spends around \$40,000 annually on basic maintenance of the Hammond Trail. Consider the cost of trash collection at the trailheads, removing graffiti, trimming back vegetation along the 5½-mile trail, maintaining kiosks and signage, repairing fences, periodic inspection of the Hammond bridge, clearing encampments, controlling erosion and staying ahead of wear and tear on the trail. It all adds up, and it's almost surprising that it doesn't cost more.

I have been involved in the Volunteer Trail Stewards program since its modest beginnings three years ago. It involves little more than I would be doing any way and it does provide me with a little extra incentive to get out of the house and take a walk (or a run or a ride). Whenever I am walking one of our four locations, the Hammond Trail, the Arcata Community Forest, the Hikshari' Trail or the Friends of the Dunes trail system in Manila, I become the "eyes and ears" of the trails. Generally that means noting maintenance or safety issues and reporting them to the appropriate authority. I

often pick up litter as I go and, since I've gotten more familiar with the trails and the flora and fauna along the way, I may answer questions. Stewards are never supposed to be confrontational — we may put in a call to the rangers or the police, but nothing more.

The stewards also host regular Saturday work days for two to four hours, like the one on the Hikshari' trail. As volunteer Josh Smith says, it's satisfying to see "that at the end of each work day, something very noticeably has improved — there's less trash, freshly painted signs, new stairs, whatever."

Josh Smith and I joined another work Saturday a week later at the bridge over the Widow White Creek on the Hammond Trail. There were a dozen of us, along with two county parks staff members and Craig Benson from the Redwood Community Action Agency. We scrubbed and prepped the bridge for painting with a UV-resistant coating designed to minimize fiberglass splinters and extend the life of the bridge. Despite pouring rain, volunteers also cut back burned brush from a fire that had ravaged a hillside above the bridge and the creek. The crew put in straw wattles to prevent erosion and minimize run-off. Everyone who walked by that day made a point of stopping to thank us. As coordinator and volunteer extraordinaire Stacy Becker says, "The amount of gratitude expressed by staff and trail users for the work we do has been phenomenal."

Volunteers finished painting the bridge during the October work day. Benson told me after the project was completed that "the trail stewards did a huge service as the cost of professionally painting the bridge would have been prohibitive."

Like any all-volunteer program, there is steady turnover in the volunteer pool and there's always a need for people who can take on more responsible roles. The county is incorporating Volunteer Trail Steward participation as it prepares to possibly absorb the 1,000-acre McKay Tract forest in 2014. There is a public out there with a rich reservoir of skills, energy and good will, and, as volunteer Melissa Zielinski puts it, the volunteer trail steward program offers a way for "citizens to take personal pride and ownership of important community resources."

Think you might want to join in? Contact a site coordinator or just come to a work day. A couple of hours a month can make a huge difference. ●

continued on next page ▶

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STAGE MATTERS



VALERIE BUXBAUM, JOSH KELLY AND DENISE TRUONG IN THE EXCELLENT REDWOOD CURTAIN PRODUCTION OF *FAR EAST*. PHOTO COURTESY OF REDWOOD CURTAIN.

Changing Times

Americans in Japan at Redwood Curtain; *Humboldt Unbound* at HSU

By William S. Kowinski

stagematters@northcoastjournal.com

After the Japanese government surrendered to end World War II, American forces occupied Japan. The occupation brought close to a million Americans to Japan at its height, and even though it was officially over in 1951, there was still a sizeable U.S. military presence in 1954. That's the time, place and situation in A.R. Gurney's play *Far East*, now on stage at Redwood Curtain in Eureka.

The arrival of Wallace "Sparky" Watts, a young Naval officer for whom that immense and brutal war is already history, begins the story, but not the play. Playwright Gurney (who served in Japan at about this time) provides the framing device of a Japanese drama. It's a combination of Kabuki (stylized dance and music to depict historical events involving codes of morality) and Bunraku (puppet theatre with a single reader off to the side saying the lines.)

At Redwood Curtain, director Craig Benson modifies some elements and expands on others. In particular, he and scenic designer Daniel C. Nyiri create a stunning entrance for the Americans with the best physically realized metaphor I've seen on a local stage.

I won't spoil the surprise of it. But even with no prior knowledge of Japanese drama, it's pretty clear what happens: the drama is now about Americans, with the Japanese in decidedly supporting roles.

The basic story of a young officer who

falls in love with a Japanese woman in an era of comprehensive racial prejudice, and the parallel story of another young officer dealing with another kind of prejudice, suggest some familiar and turgid predecessors. It's tempting to assume that the Japanese elements are there as arty distraction.

But neither is true. Director Benson's deft moments of humor and the subtle physical commentary of the Japanese characters aside, this is most overtly an absorbing character drama with elements of comedy and strong cultural and historical undertones. It reveals the living weight of the past and the first signs of the future, but through the lives of these characters in their changing present.

What makes the play most admirable — and in a way very American — is that without histrionics, the characters exhibit and act on self-examination and self-knowledge, as well as their particular drives and traits. None of the Americans are the same at the end of the play as they were at the beginning, and their decisions about themselves are involved in the changes. Nor are their fates yet decided.

Potential theatregoers shouldn't fear heavy weather onstage. There is a kind of buoyancy to this production. It's a skillful and substantial play with various shades of comic wit by a veteran American playwright, and it's likely to keep an audience musing about it long after its end.

Apart from Benson's directorial touches,

Nyiri's set and Karen Kenfield's cinematically vivid costumes, what makes the production riveting and real is the cast. Josh Kelly as Watts, Valerie Buxbaum as Julie Anderson, Cody Miranda as Ensign Bob Munger and Lincoln Mitchell as Captain James Anderson are both emblematic and completely convincing as their individual characters.

Theirs are the naturalistic roles. Denise Truong, Craig Kuramada and Jeremy Webb must negotiate roles as both traditional Japanese actors and other small parts, which they do with grace and nuance. This is a play and a production that is a highlight of Redwood Curtain's season, and of the North Coast season so far.

Michael Burkhart designed the lighting and Ian Schatz the sound. *Far East* plays weekends (Thursday through Saturday evenings at 8, with a Sunday matinee at 2 p.m. on Nov. 17) through Nov. 23. 443-7688, www.redwoodcurtain.com.

Coming Up:

Humboldt County and HSU are named after him, but almost nobody knows who he was. Yet the 100th anniversary of his birth was celebrated with public ceremonies from New York to San Francisco. Alexander von Humboldt — explorer, best-selling author, visionary of ecology and human rights — was one of the most famous and influential figures of the 19th century.

Now during the 100th anniversary year of its birth, HSU is presenting *Humboldt Unbound* in the Van Duzer Theatre for two weekends, starting Thursday Nov. 7. After a calendar year of collaboration involving faculty and students in several disciplines, Dell'Arte's Michael Fields worked with a student ensemble to create what he says is not a standard biography but a quick and highly theatrical blend of live action, music and dance that explores the spirit of Humboldt's life.

Fields is assisted by key Dell'Arte colleagues: scenic designer Giulio Cesare Perrone, lighting by Michael Foster and songs and other music by Tim Gray. HSU's Catherine Brown designed costumes.

HSU student Mark Teeter plays Humboldt as the young explorer, and geography professor Stephen Cunha plays him in his later years. Luke Tooker portrays Siefert, his last companion. The ensemble cast includes Giovanni Alva, Ina Loaiza, Samantha Herbert, Kate Haley, Charlie Heinberg, Johani Guerrero, Gaalen Poulton, Chris Joe and Rilo Wage. They play multiple roles, not all of them human.

Humboldt Unbound is performed in the Van Duzer Theatre Thursdays through Saturdays, Nov. 7-9 and 14-16 at 7:30 p.m., with a matinee at 2 p.m. on Sunday, Nov. 17. 826-3928, HSUstage.blogspot.com. ●

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ARCATA ARTISANS COOPERATIVE 883 H St. Joy Dellas, paintings. Betsy Roberts, metal work and jewelry. Zak Shea, woodwork and paintings. Wine served to benefit the Humboldt Community Breast Health Project.

ARCATA CITY HALL* 736 F St. Cicely Ames, watercolors.

ARCATA EXCHANGE 813 H St. Fortuna Camera Club. Live music by Dale Winget. Wine served to benefit the Companion Animal Foundation.

ARCATA HOLISTIC HEALTH CENTER 940 Ninth St. Michelle Moss Wurlitzer, acrylic paintings and print making. Live music TBA.

BUBBLES 1031 H St. Live bluegrass by Clean Livin'.

CAFÉ BRIO 791 G St. "Earthen Furrow," Morgen Maier, mixed media. Music by Lyndsey Battle Trio.

CRUSH 1101 H St. #3. Georgia Long, paintings. Music by John King of Dogbone.

FIRE ARTS CENTER 520 South G St. #A All-members show featuring ceramic and fused glass made in Humboldt County.

THE GARDEN GATE 905 H St. Patricia Sennott, monotypes. Music by Kenny Ray and the Mighty Rovers. Wine served to benefit the Historical Sites Society.

HUMBOLDT OUTFITTERS 860 G St. TBA.

LIBATION 761 Eighth St. Good and Evil Twins, original custom ambigrams. Music by guitarist Duncan Burgess.

LOS BAGELS 1061 I St. Arcata Arts Institute show featuring Lily Knappenberger and Cierra Powell. Photo exhibit by Ab Aeterno.

MAZZOTTI'S 773 Eighth St. Jen Mackey, mixed media.

MOORE'S SLEEPWORLD 876 G St. Sanford Pyron, oil paintings. Victoria Ziskin, oil paintings. Wine served to benefit the Sequoia Park Zoo Foundation.

NATURAL SELECTION 708 Ninth St. Nancy Pippin, Fimo clay figures.

NORTH SOLES FOOTWEAR 853 H St. Paula Redtfeldt, oil on sand and photography.

OM SHALA YOGA 858 10th St. "Mythology of Asanas," Jessica Albee, pen and ink, oil and acrylic.

PLAZA 808 G St. Tom Reed, photography. Wine served to benefit the Emma Center.

REDWOOD CURTAIN BREWING COMPANY 550 S G St. Rae Elizabeth City, paintings and mixed media.

ROBERT GOODMAN WINERY 937 10th St. Stefan Elliott, paintings.

SCRAP HUMBOLDT 101 H St., Suite D. Castaway Creations aka Dmitry Tokarsky, handmade one-of-a-kind functional art from recycled materials.

STOKES, HAMER, KAUFMAN & KIRK, LLP 387 Bayside Road Berti Welty, black-and-white photography, bronze sculpture and relief print-making. Ashleigh Jay, paintings and sketches. Dave Steinhardt, plein air landscapes.

THE ROCKING HORSE 791 Eighth St. Dolores Cecilia Blagen, locally handmade dollhouses.

UPSTAIRS ART GALLERY 1063 G St. "Here, There and Out There," Theresa Oats Clark, oil paintings.

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SHEA OUTSIDE HIS STUDIO ON OLD ARCATA ROAD. PHOTO BY KEN WEIDERMAN

Behind the Bark

The wood art of Zachary Shea

By Ken Weiderman

artbeat@northcoastjournal.com

Sometimes it's a little stain from a rusty nail that catches his eye. Other times, it's the cavities chewed into a cheap piece of plywood by beach grime and salt. While most people would rather ignore these aesthetic imperfections, for Arcata artist Zachary Shea, they're inspiration. The history implied by these marks attracts him. Time has done half of the work already, and he sees the creative possibilities in objects that others might simply throw away.

"When I was a kid, I thought I'd be an inventor," Shea says as we peruse the pieces crowded into a makeshift art gallery just inside the door of his studio and shop. He dabbled with magnets and perpetual motion machines, refining what was around him, "taking old things and making them more efficient." Today, Shea is still inventing and bringing new things into the world, but his creations fall more broadly into the realm of art rather than technology or science.

A soft-spoken man in his early 40s, Shea works construction and carpentry, restoring old homes to their original beauty. Art has always been a passion for him. When he's not working or home-schooling his two children, he's often lost in a myriad of creative endeavors.

On a chilly day in late October, he wears

a flannel-lined, light brown canvas vest. A simple black beanie is rolled up past his temples, and Shea is clearly delighted to talk about art, function and, most importantly, wood. Tucked into an easy bend on Old Arcata Road, Shea's shop and studio is cold in the early morning. Six massive slabs of walnut rest on platforms, nearly ready for a cross-country journey to a Minneapolis restaurant. Tall ceiling rafters hold years of accumulated wood, cobwebs and dust. Half-finished artworks nestle up against finished pieces. Bowls, benches, funky cabinets, checkerboards, paintings, prints and sculptures fill every inch of space.

One group of pieces, which he simply calls "Suspended Sculptures," stand out. Refined wooden orbs with pointed ends hang from string like fish flapping at the end of a line. Long arcs of redwood, ipe or maple thrust out of sturdy bases, their gentle curves studded with washers and bolts. Shea crafts these curves with thin plies of reclaimed wood — leftovers from construction sites and other jobs. The bolts and washers, sometimes made from pennies, prevent the wood from snapping back to a straight line. Most woodworkers would use glue, but Shea's solution creates a more complex aesthetic. It's somewhat industrial looking, yet the dotted arcs also resemble the subtle bumps of a bending woman's

spine. A gentle breeze or intentional nudge sets the suspended bobs spinning, adding a graceful element of movement and play.

Like most of Shea's functional and artistic creations, the sculptures are not varnished or coated in lacquer. Instead, the wood is left bare. It's a decision that reflects Shea's deep respect for the ubiquitous material. "Wood is so tactile. You want to touch it or play with it," he says. "A lot of people will just run their hands over it." Shea likes to encourage viewers to pick up his work, move it around, look at all of the different angles. A smile lights up his face when he talks about kids crawling all over his ladybug sculpture at the Arcata Scoop ice cream shop (the sign and giant ice cream cone outside are his, too).

Beyond the tangible attraction of wood, Shea also appreciates its long history of human use. Wood pre-dates clay as one of humanities' most basic resources. Plastic and metal may have replaced many of wood's former functions, but it's still difficult to envision life without it. There is also a clear environmental aspect to Shea's use of wood. Nearly all of his functional and artistic works use reclaimed wood that would otherwise have been burnt or thrown away. Each piece of salvaged wood has a unique history, lending an intrinsic story to the objects he creates. "Sometimes," he says, "having more of a story with an art piece really helps to enhance it."

A perfect example can be found in one of Shea's assemblage wood paintings. Strolling along a local beach, he picked up a washed-up piece of plywood. Large pockmarks eroded into the surface reminded him of clouds drifting across the sky. Hauling it back to the studio, Shea mounted it on the back of an old, busted Lazio's sign. The cloud shapes are now accentuated with layers of black paint and silver leaf. Glossy streaks of gold radiate out from a circular iron flue pulled off an old wood stove. His loose painting style complements the chaotic, broken edges of the wood, giving the piece a rustic, timeless look. It's as if the image was there all along and Shea simply woke it from its slumber with a creative jolt.

"I've just always been drawn to art. I can't not do it," Shea states plainly. "It's almost like my therapy; it's what keeps me going." Whether he's building a box or sanding a sculpture, he intentionally keeps the line between his functional and artistic work fuzzy. For Shea, it's about continuing to seek that perfect proportion, that subtle curve, and above all, that elusive feeling of perfection. Shea will be a featured artist at Arcata Artisans this month, and there will be an Arts! Arcata reception on Friday, Nov. 8 from 6 p.m. to 9 p.m. The gallery will also feature the whimsical paintings of Joy Delas and fine metal work of Betsy Roberts. ●

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IN REVIEW

Bleeding Edge

by Thomas Pynchon, Penguin Press

Early on in *Bleeding Edge*, fraud investigator Maxine Tarnow-Loeffler observes: "Paranoia is the garlic in life's kitchen, right, you can never have too much." And that's Thomas Pynchon in a nutshell; paranoia is his medium, and his whole 40-some-year career has been an exploration of its various shades and manifestations. Given that, why has it taken him this long to write a 9/11 book? Perhaps he wanted to savor it fully. Is paranoia also a dish best served cold?

Despite a few feints in the direction of Trutherism, *Bleeding Edge* turns out to be less interested in the details of 9/11 than in the atmosphere it provides. Against the backdrop of a New York City beset by terrorism and the bursting of the dot-com bubble, Maxine pursues numerous shadowy conspiracies that all lead back to the same hub: sinister tech CEO Gabriel Ice, whose name pretty much says it all.

The plot has way too many moving parts to get into here, and it's really beside the point anyway.

This being Pynchon, the strangeness is leavened with healthy doses of whimsy, wordplay and comedy, not to mention sex, drugs and rock 'n' roll.

the already defunct Kozmo.com, who turns up periodically with a key piece of evidence seemingly sent from the Twilight Zone.

This being Pynchon, the strangeness is leavened with healthy doses of whimsy, wordplay and comedy, not to mention sex, drugs and rock 'n' roll. Once best known for *Gravity's Rainbow*, a famously difficult tome started by many and finished by few, Pynchon has in recent years settled into a style that's relatively accessible, warm even. Maxine, equal parts Sam Spade and Jewish mother, is fun to spend time with and the pages flow by easily. Just don't expect any sort of neatly wrapped ending; *Bleeding Edge* will leave you with more questions than answers, but also with a heightened sense of what is possible.

— Bill Cassel

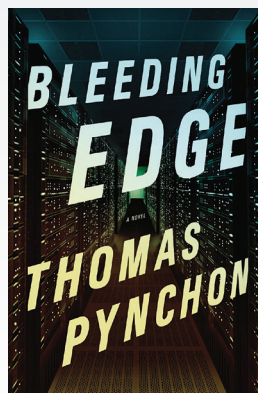


TABLE TALK



THAT OLD CHESTNUT. PHOTO BY SIMONA CARINI

Holding in my hands a hot roasted chestnut, I could see the plump fruit through the slit cut on the charred shell. It was easy to crumble the brittle shell and skin to free the fragrant fruit; it tasted nutty, sweet and a bit like the woods from which it came. The outer shell of a boiled chestnut required my mother's firm hand, while the thin inner skin called for a light touch. Once I was allowed to use the knife, I was fascinated by the way the skin could be peeled away neatly, leaving the chestnut whole. Its texture was creamier than a roasted chestnut, and the flavor subtler, though still nutty.

Seeing chestnuts at the Arcata farmers' market brings back those images from my childhood in Italy. My mother bought local chestnuts from someone in Casperia, the village in central Italy where she grew up. She alternated between roasting and boiling a batch, and we ate them as a special dessert.

I started putting them in dishes a few years ago, and their nuttiness and lightness (they are low in fat, unlike other tree nuts) make them a lovely (and gluten-free) ingredient.

In this earthy and barely sweet soup, chestnuts from McIntosh Farm share the stage with dry beans from Warren Creek Farms and potatoes and herbs from my garden (sometimes the farmers' market supplements my inconsistent growing efforts). You can find McIntosh Farm's chestnuts at the farmers' market on the Arcata Plaza on Saturday morning (until November 23rd) and also at the McIntosh Farm Country Store (1264 Giuntoli Lane, Arcata).

Freeing boiled chestnuts from their shell and pellicle is one of those medita-

Soup with Chestnuts

By Simona Carini

tabletalk@northcoastjournal.com

tive kitchen tasks that I like to treat as a time to relax. If from time to time a chestnut finds its way into your mouth, make sure you account for that loss by boiling more than you need.

Don't let the length of the recipe alarm you: you can boil the chestnuts and cook the beans ahead of time. After that, making the soup takes about 40 minutes.

A few words about storage: I usually cook chestnuts shortly after purchasing them. However, they can be stored in a mesh or breathable bag in the refrigerator for two to three weeks. When I boil chestnuts ahead of time, I peel them and then store them in a covered container in the refrigerator for up to a couple of days.

Chestnut, Potato and Bean Soup

Serves 4

Ingredients:

- ½ cup beans, Paul's mix, *borlotti* (cranberry), canario, or other variety that is good for soup [see below how to cook beans]
- 8 ounces fresh chestnuts
- 1 bay leaf
- ½ to 1 tablespoon olive oil
- 1 shallot, finely chopped
- 1 small (or half a medium-large) leek, white and light green portion, cut into half moons and carefully rinsed (save the darker green portion to make broth or stock)
- 4 fresh sage leaves, thinly sliced
- 1 teaspoon finely chopped fresh rosemary needles
- 9 ounces potatoes, well scrubbed and cubed (I like a mix of purple majesty and Yukon Gold)
- 1 tablespoon tomato paste
- 1 cup chicken stock or broth, or vegetable broth
- Sea salt and freshly ground black pepper, to taste

Cooking dry beans:

This method comes from *Vegetarian Cooking for Everyone* by Deborah Madison. After soaking ½ a cup of dry beans for several hours or overnight in enough water to cover them by about an inch (I use 2 cups), empty the whole bowl into a saucepan and add:

- ½ a small onion, halved
- 1 bay leaf
- 1 small clove of garlic, sliced
- A couple of sprigs of fresh parsley

Bring the pot to a lively boil, and keep it there for five minutes, then turn down the heat and let the beans simmer, covered, 45 minutes or more until they are tender. The time depends on the type of beans and their freshness. Let them cool in the broth, then remove and discard the aromatics. Let the beans rest in their broth until ready for use.

Boiling chestnuts:

With a pointed blade, make a slit across the shell without cutting into the flesh. Place chestnuts in a saucepan and cover them with plenty of water. Add the bay leaf.

Bring to a boil and cook gently until the nuts are tender (test one after 40 minutes).

Keep the chestnuts in the cooking water and take out one or two at a time to peel. Use a sharp knife with a pointed blade to remove the shell, then the skin. Set aside. (If a chestnut breaks, it's fine.)

Preparing the soup:

Warm up olive oil in a pot, then add the shallot and leek. Stir well to coat. After a couple of minutes on medium heat, add sage and rosemary and stir. After a few more minutes, add the potatoes, beans with their cooking liquid, tomato paste and broth, plus enough water to cover ingredients well (about 2 cups).

Cover and bring the soup to a boil, then turn down the heat and cook for 15 minutes. Add the chestnuts and cook for another 15-20 minutes, or until the potatoes are very tender (i.e., you can easily mash one with a spoon on the side of the pan).

Remove the pot from heat. Purée the soup using an immersion blender. If you use a food processor or blender, purée in small batches and use extreme care. You may opt to leave some small lumps, which makes for an interesting texture. Add more water, if needed, and salt and pepper to taste before serving. ●



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Find the November Issues in Stores or Online

Find the November sales flyer tucked inside your copy of the Co-op News. Our monthly sales flyer provides member-owners and shoppers with a guide to all the sales throughout the month, including month long and limited time specials. See the Co-op News and our sales flyer in stores or on our website.

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venue	thur 11/7	fri 11/8	sat 11/9	sun 11/10	m-t-w 11/11-13
THE ALIBI 744 Ninth St., Arcata 822-3731			Los Bandidos Muertos: Nipplepotamus (surf/punk) 11pm \$5		
ARCATA PLAYHOUSE 1251 Ninth St., 822-1575		KWPT Classic Cover Contest: Doug Fir & the 2x4s, Good Homosapiens, Fire Pony (rock) 9pm \$5	Joni Mitchell 70th Birthday Tribute: Jan Bramlett, Joanne Rand, Josephine Johnson 8pm \$15	Sweetback Sisters, Austin McCutchen (rockabilly) 8pm \$15, \$13	
ARCATA THEATRE LOUNGE 1036 G St., 822-1220	Ocean Night: <i>The Whale</i> 6:30pm \$3, All Ages	The Grascals (bluegrass/country) 8pm \$18, \$15, 21+	CD Release Party: EPROM, Grenier, ONHELL (Electronic) 9:30pm \$20, \$15, 21+	<i>Spy Kids</i> 5:30pm \$5, All Ages	[M] Giant-screen Football Free w/\$5 food/bev, All Ages [W] Gramatik, heRobust, Ex Mag (Electronic) 9:30pm \$20, 21+
BAYSIDE GRANGE 822-0900 2297 Jacoby Creek Road		Cliff Dallas and the Death Valley Troubadours (country) 8pm \$15, \$10	Kenny Ray and the Mighty Rovers (country) 6pm \$10, \$18 couples		
BLONDIES 822-3453 420 E. California Ave., Arcata	Open Mic 7pm Free			Jazz Night 7pm Free	[W] Buddy Reed (acoustic blues) 6pm Free
BLUE LAKE CASINO WAVE LOUNGE 777 Casino Way, 668-9770	Karaoke w/KJ Leonard 8pm Free	Hunter and the Dirty Jacks (rock/blues) 9pm Free	Dr. Squid (rock/dance) 9pm Free	Karaoke w/KJ Leonard 8pm Free	
CAFE BRIO 791 Eighth St., Arcata 822-5922		Friday Night Special: TBA 6pm Free			
CENTRAL STATION 839-2013 1631 Central Ave., McKinleyville	Karaoke w/DJ Marv 9pm Free	Karaoke w/Rock Star 9pm Free			[W] Grant Farm w/Emily Yates (roots/rock) 9pm Free
CHER-AE HEIGHTS CASINO FIREWATER LOUNGE 27 Scenic Drive, Trinidad 677-3611	S.I.N. & Service w/Accurate Productions DJs 9pm Free	Twerk Contest w/Pressure Anya 9pm Free	So You Wanna Fight (MMA) 7pm \$39-\$49	Karaoke w/Chris Clay 8pm Free	[T] Karaoke w/Chris Clay 8pm Free
CRUSH 1101 H St. #3, Arcata 825-0390					[M] Buddy Reed (blues) 7pm Free [T] Game Night 5pm Free
THE FORKS (530) 629-2679 38998 Hwy 299, Willow Creek	Jimi Jeff's Open Jam 8:30pm				
HUMBOLDT BREWS 856 10th St., Arcata 826-2739	Pimps of Joytime (Afro/salsa) 8pm \$15		BA-DUM-CHH Comedy: Brendan Lynch 9pm \$5	Black Lillies (country/rock) 9pm \$10	[M] Rev. Peyton's Big Damn Band (Americana) 9pm \$15

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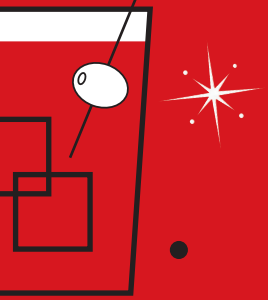
venue	thur 11/7	fri 11/8	sat 11/9	sun 11/10	m-t-w 11/11-13
JAMBALAYA 915 H St., Arcata 822-4766	Lyrical Shaman: Brother J, MC Supernatural (hip hop) 9pm \$15	Neil Young's Bday Bash: Strix Vega, The Trouble, Foggy Bottom Boys 9pm \$5	'80s Night w/DJ Red 8pm Free	DGS Sundaze (EDM DJs) 9pm \$5	[M] The Getdown (local funk) 7pm [T] S.H.I.T. Comedy Open Mic 9pm \$3 [W] Grant Farm w/Emily Yates (roots/rock) 9pm Free
LIBATION 761 Eighth St., Arcata 825-7596		Duncan Burgess (vocalist/guitar) 6pm Free, 21+	Tim Randles Jazz Band w/Mike LaBolle & Bobby Amirkahn 7pm Free, 21+		[T] Buddy Reed (blues) 7pm Free, 21+
LOGGER BAR 668-5000 510 Railroad Ave., Blue Lake		Wild Otis (alt rock) 8pm Free	Don's Neighbors (rock) 9pm Free		[W] Jeff Landen (slide guitar) 8pm Free
MAD RIVER BREWERY 668-5680 101 Taylor Way, Blue Lake	Trifecta (rock) 6pm Free				[T] For Folk Sake 6pm Free [W] Randles, LaBolle Amirkahn (jazz) 6pm Free
MOSGO'S 826-1195 2461 Alliance Road, Arcata			Bradley Dean (rock/country) 4pm Free	Open Mic 7pm Free	[W] Jay Dancing Bear (acoustic) 5pm Free
OCEAN GROVE 677-3543 480 Patrick's Pt. Dr., Trinidad					[M] Dancehall Mondayz w/Rude Lion 9pm \$5
REDWOOD CURTAIN BREW 550 South G St. #6, Arcata 826-7222					[M] Game Night 8pm Free [W] Pints for RampArt Free
REDWOOD RAKS DANCE 824 L St., Arcata 616-6876	Blues Night (Lesson) 8pm \$5	Salsa at 6 6pm \$5	Social Dance (country two-step) 6:30pm \$10	Salsa Rueda 7pm \$8	[M] Swing Night 7pm \$5 [T] African Dance/Drum 5:30pm \$10 [W] MWE, Ya Habibi (Turkish band, belly dancing) 8pm \$10, \$8
ROBERT GOODMAN WINES 937 10th St., Arcata 826-WINE	Piet Dalmoeln (guitar) 9pm Free	No Covers (improv jazz) 9pm Free	CoPoetics (ukelele) 9pm Free	Open Mic w/Chris Parreira 7pm sign-up/8pm Free	[M] Roots & Culture Reggae 9pm Free [T] Chubritza (international) 9pm Free [W] Salsa! (lessons + dance) 9pm \$5
SIDELINES 732 Ninth St., Arcata 822-0919	Rude Lion Sound (DJ) 10pm \$2	DJ Music 10pm \$2	Sidelines Saturdays w/Rude Lion 10pm \$2		
SILVER LINING 839-0304 3561 Boeing Ave., McKinleyville			Good & Evil Twins Karaoke 8pm Free		[T] Good & Evil Twins Karaoke 8pm Free
SIX RIVERS BREWERY Central Ave., Mck 839-7580	Kev & Dee (soul/jazz duo) 9pm Free	DJ Itchie Fingaz 9pm Free	Undone 9pm Free	Trivia Night 8pm Free	[M] Karaoke w/DJ Marv 8pm Free [T] Sunny Brae Jazz 8pm Free [W] Will Willis (Americana) 8pm Free
TOBY & JACKS 764 Ninth St., Arcata 822-4198		DJ Itchie Fingaz (glitch/hip-hop) 9pm Free	DJ Music 10pm Free		[W] Reggae Wednesdayz w/Rude Lion 10pm Free
HUMBOLDT STATE UNIVERSITY 1 Harpst St., Arcata 826-3928		Guitar Ensemble, Fulkerson Hall 8pm \$8, HSU Students Free	Humboldt Bay Brass Band, Fulkerson Hall 8pm \$8, \$5, HSU Students Free		



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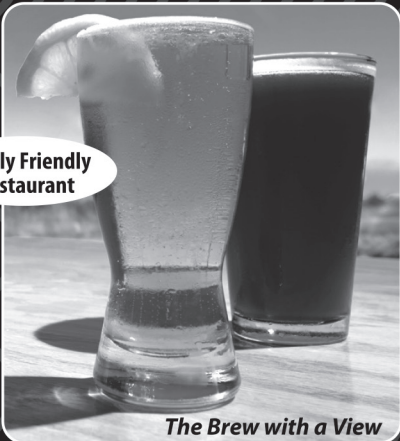
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◀ ARCATA + NORTH ON PREVIOUS PAGE

venue	thur 11/7	fri 11/8	sat 11/9	sun 11/10	m-t-w 11/11-13
ANGELINA INN 281 Fernbridge Drive, Fortuna 725-5200		Anna Hamilton (blues) 5pm, Loren & the Roustabouts (country rock) 9pm Free			
BAR-FLY PUB 91 Commercial St., Eureka 443-3770		Bar-Fly Karaoke 9pm Free			[W] Bar-Fly Karaoke 9pm Free
BEAR RIVER CASINO 733-9644 11 Bear Paws Way, Loleta	Karaoke w/Chris Clay 8pm Free	Nighthawk (dance) 9pm Free	The Roadmasters (country) 9pm Free		
CHAPALA CAFÉ 201 Second St., Eureka 443-9514		The Tumbleweeds (cowboy) 6-8pm Free	The Tumbleweeds (cowboy) 6-8pm Free		
CHRIST'S EPISCOPAL CHURCH 15th and G, Eureka 442-1797			<i>Lost in Translation</i> 6pm Free	Chamber Players of the Redwoods 2pm Free	
EUREKA INN PALM LOUNGE 518 Seventh St. 497-6093	Shugafoot (jazz) 9pm Free		The Trouble (Americana/rock) 9pm Free		[M] Gunsafe (face-melt country), DJs Stephen and Kari 9pm \$10
EUREKA THEATER 612 F St., 442-2970			StrangeBrew BeerFest: Sumbitch (outlaw country) 6pm \$20-\$25		
FORTUNA MONDAY CLUB 1800 Riverwalk Dr., 725-7572			SquarPeg (modern chamber) 7:30pm \$10, \$8		
GALLAGHER'S IRISH PUB 139 Second St., Eureka 442-1177	Seabury (Irish) 7pm Free	Paul (folk) 7pm Free	Chuck Mayville Returns (folk) 7pm Free		[W] Cory (Americana) 7pm Free
LIL' RED LION 1506 Fifth St., Eureka 444-1344		LP Jamz 9pm Free			
MATEEL COMMUNITY CTR. 59 Rusk Lane, Redway 923-3368		Hemp Fest: Ngaio Belum, Lydia Popovich (comedy) Bada Bling! Burlesque, DJ Lucio K, DJ Olly Boon 7:30pm \$15	Hemp Fest: Stymie & the Pimp Jones luv Orch., Jah Sun, Dubtronic Kru, et al. \$20 sug. donation	Hemp Fest: Forum 2pm Free	
NOCTURNUM 206 W. Sixth St., Eureka 498-7388	Dirty Thursday: Pressure Anya (DJs) 9pm Free	Dance For a Chance Benefit: Xenith & DJ Lost 10pm \$10			[W] Whomp Whomp Wednesday (EDM DJs) 9pm \$5
OLD TOWN COFFEE & CHOC. 211 F St., Eureka 445-8600	Jenni & David and the Sweet Soul Band (funky blues) 7pm Free				[W] Open Mic w/Mike Anderson 7pm Free



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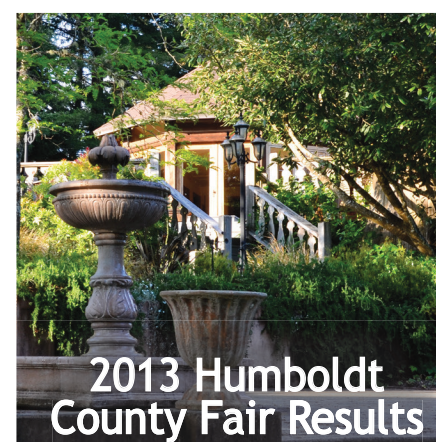
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venue	thur 11/7	fri 11/8	sat 11/9	sun 11/10	m-t-w 11/11-13
PEARL LOUNGE 507 Second St., Eureka 444-2017	Masta Shredda (EDM DJ) 10pm Free				
PERSIMMONS GALLERY 1055 Redway Drive, Redway 923-2748	The CoPoetics (ukelele) 7pm Free	Dance Party w/Marjo Lak (Brazilian electronic) 7pm Free			[W] Ian and Laura (folk) 7pm Free
RED LION HOTEL R.J. GRIN'S LOUNGE 1929 Fourth St., Eureka 445-0844			Karaoke w/Chris Clay 9pm Free, 21+		
SHAMUS T BONES 407-3550 191 Truesdale St., Eureka	Falling Rocks (country/swing) 6:30pm Free				[M]T-Bone Shuffle Open Mic Jam w/Jim Lahman Band 7pm Free
THE SIREN'S SONG TAVERN 325 Second St., Eureka 442-8778		The Dirty Rats 9pm Free	DJ Rotten, Belly Dancing 9pm Free		[M] The Attics 8pm Free
THE SPEAKEASY 411 Opera Alley, Eureka 444-2244		Shugafoot (jazz) 9pm Free	Buddy Reed and the Rip It Ups (booty shakin' blues) 10pm Free		[T] Shugafoot (jazz/blues) 7:30pm Free [W] No Covers (jazz duo) 7:30pm Free
YELLOW ROSE 28762 Mattole Rd., Petrolia		Peeping Thomas Party (ska/rock/country) 9pm Free			

SUBMIT *your* **CALENDAR EVENTS**

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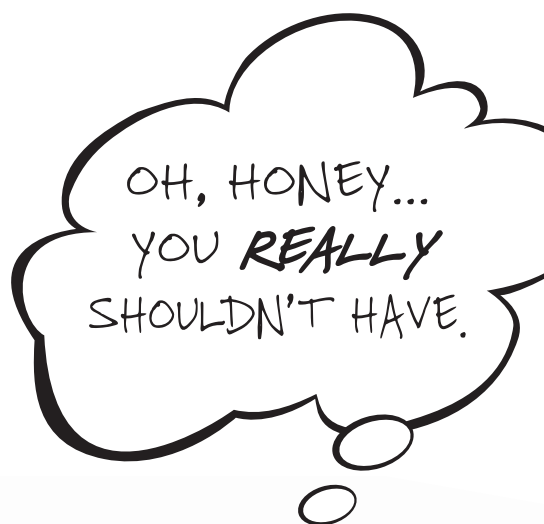
The Journal's Holiday Gift Guide runs five weeks, starting on Nov. 21.

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THE HUM

A No-Nonsense Start to November

You won't be staying home any time soon, Humboldt

By Jennifer Savage

thehum@northcoastjournal.com

Hey, who's hung over from honoring the dead with far too many tequila shots? Me! Here's your Hum.

Thursday: Pimps and Shamans

Funk brilliance lights up Humboldt Brews when Brooklyn's **the Pimps of Joytime** take the stage in a joyful combination of Afro-beat, salsa, electronica and sheer groovaliciousness. San Francisco's always well-received **Diego's Umbrella** opens. The show starts around 9:30 p.m., costs \$15 and is 21-and-over.

Also in A-town, the Jambalaya hosts the first show of **Hip Hop Medicine Nation's Lyrical Shaman Tour**, featuring **Brother J** of **X Clan** and **MC Supernatural** with **Collective Elements** (you may know Collective Elements for "Superpurplefunkalistic," a song about driving a sweet fuschia convertible Cutlass and also about weed and stuff) and the "native hip-hop" of **DM Tea Hawk**. Judging from the poster and website, this tour is putting the hippie in hip-hop. (Also weed and stuff.) Tickets are \$15 and the beats are scheduled to start around 9 p.m. for those 21-and-over.

Friday's bluegrass fix

It's a must-see show for bluegrass fans when **the Grascals** perform at the Arcata

Theatre Lounge. For those unfamiliar, the Grascals are among the most beloved and acclaimed bands on today's bluegrass scene — they've won a slew of awards and been nominated for a number of Grammys, plus they've appeared on *The Late, Late Show with Craig Ferguson*, CBS's *Early Show*, *Fox & Friends* and *The Tonight Show*, and toured with both Dolly Parton and Hank Williams, Jr. Doors open at 8 p.m., cover is \$18 at the door or \$15 advance, and this show is 21-and-over.

Saturday's totally different!

As a former and sometimes current journalist, I appreciate efforts to keep ancient art forms alive, thus a shout-out to chamber music aficionados **SquarPeg**, appearing in concert at the Fortuna Monday Club on Saturday at 7:30 p.m. SquarPeg is dedicated to exploring chamber



WHO: The Pimps of Joytime

WHEN: Thursday, Nov. 7, 9:30 p.m.

WHERE: Humboldt Brews

TICKETS: \$15

PHOTO COURTESY
OF THE ARTIST



WHO: The Grascals
WHEN: Friday, Nov. 8, 8 p.m.
WHERE: Arcata Theatre Lounge
TICKETS: \$18 door, \$15 advance

PHOTO
COURTESY OF
THE ARTIST

Sunday's Americana vs. country dilemma

Americana laced with pedal steel and banjo is on the menu Sunday night with **the Black Lillies** at Humboldt Brews. Lovely and thoughtful, both invoking melancholy and keeping it at bay, like the last leg of a long, lonely road trip. Tickets are \$10, show's 21-and-over, music starts around 9 p.m.

Making for a tough choice, over at the Arcata Playhouse, Brooklyn's **Sweetback Sisters** recall the best of country music from the Everlys to the Judds, with a spirited twist of Wanda Jackson. On tap, the traditional subjects of heartbreak, revenge, remorse and staying strong in the face of relationships gone wrong.

Brooklyn pal and performer **Austin McCutchen** opens. Doors at 7:30 p.m., music at 8 p.m., tickets are \$15 general, \$13 students and members.

Monday's must see

Reverend Peyton's Big Damn Band is a big, twangy ride of a good time. With washboard! There's nothing not to like about this band. Make your Monday worthwhile by ensconcing yourself at Hum Brews for this show. Tickets are \$15, music starts at 9 p.m.

Upcoming

Here's some shows worth noting on your calendar: **Gramatik: Age of Reason Fall Tour 2013** on Wednesday, Nov. 13 at the ATL ... **The Meat Puppets** on Saturday, Nov. 16 at Hum Brews ... **Balkan Beat Box** on Thursday, Nov. 21, also at the ATL ... Tenacious D's **Kyle Gass** with his own band at Hum Brews on Sunday, Nov. 24 ... **Mike Dillon** at the Jambalaya on Dec. 7.

Etc.

While we here at the *Journal* strive to provide the most accurate information, every so often unforeseen circumstances mean a show will be canceled or changed. It's never a bad idea to double-check on websites, Facebook or with a phone call. Full show listings in the *Journal's* Music and More grid, the Eight Days a Week calendar and online. Bands and promoters, send your gig info, preferably with a high-res photo or two, to music@northcoastjournal.com. ●

music for the 21st century. From the press release: "Considering the abundance of information from other musical cultures at our fingertips, it is not hard to imagine the idea of small acoustic ensembles assimilating some of those influences into a chamber music lexicon." Now, being unfamiliar with chamber music (evidence of my disadvantaged childhood), I actually can't imagine this, so here's some more from the release: "The group draws on the rhythms and melodic and harmonic structures of such diverse traditions as French musette, western popular song, Arabic maqam and American jazz, and presents the old wine of traditional themes in the new bottles of a decidedly nontraditional instrumentation." There ya go! Tickets are \$10 general, \$8 students and seniors.

A different type of unconventional occurs at the ATL with the celebration of local producer and promoter **ON-HELL's** first album, *Use*. **ON-HELL** — **Angel Rubio-Hale** — has been a fixture on the Northern California party scene and comes equipped with vintage synthesizers, cutting edge production tools and, most notably, a drive for experimentation. Also being celebrated is the release of **Eprom's** new LP *Halflife* — yes, that's right, an LP — and its minimalist offering of low-slung rhythmic transformation, deep bass and dark melodies. Rounding out the night is San Francisco's **Grenier**. Doors open at 9:30 p.m. with happy hour food and beverage prices until 10:30 p.m. Tickets are \$20 advance and \$15 limited advance. This show is 21-and-over.

And now for your weekly rock fix! The talented **Nipplepotamus** sets the Alibi alight with a most entrancing version of psychedelic surf jams. SF's **The Connies** add old school punk to the night's scene. All for only \$5! Typical late start — around 11 p.m. — and the show is 21-and-over.

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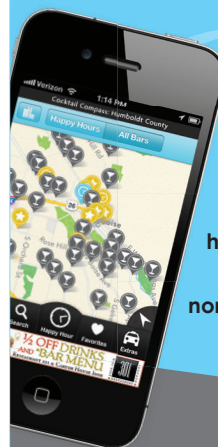
We're looking for the best kept food secrets in Humboldt.

Email your tip (*Is it a burger? A cookie? A fried pickle?*) and we'll check it out for the Hum Plate blog.

Email jennifer@northcoastjournal.com



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Take a deep breath for the 23rd annual **Humboldt Hemp Fest** at the **Mateel Community Center**. Three days of weed-centricity include comedy and music on Friday (7:30 p.m., \$15), music on Saturday (11 a.m., \$20) and a serious forum

on Sunday with real lawyers and stuff (2 p.m., free). Dress is grow-business casual.



"Support the Troops" bumper sticker? That's nice. How about something a little more strenuous? Warm up for Veteran's Day and raise money for student veteran programs at the **HSU Veteran 5K run/walk** on Saturday (\$40 or \$130 for a team of four). Registration starts at 0800 and the troops roll out from the Redwood Bowl at 10 a.m.

Every year you promise yourself you won't get sucked into Black Friday.

Don't give in to the Dark Side. Start now and hit up the **Fig Twig Market** at the **Humboldt County Fairgrounds** instead. Some 40 vendors are waiting to rescue you from the door busters with all kinds of vintage and repurposed gifties from 5:30 p.m. to 8 p.m. on Friday (\$5) and 10 a.m. to 5 p.m. on Saturday (\$1).



WREATH BY BURLAP AND LACE. PHOTO COURTESY OF FIG TWIG MARKET'S FACEBOOK PAGE.

7 thursday

LECTURE

Ted Bilek. 5:30 p.m. Gist Hall 218, Humboldt State University. HSU's Sustainable Futures Speaker Series presents "An Outlook for Forest Products and Timber Markets: 2012-2030." Free. serc@humboldt.edu. 826-4345.

MOVIES

The Whale. 6:30 p.m. Arcata Theatre Lounge, 1036 G St. Ocean Night features a film about a young killer whale called Luna who gets separated from his pod. All ages. \$3. www.arcatatheatre.com.

\$2. info@discovery-museum.org. discovery-museum.org. 443-9694.

FOOD

College of the Redwoods Farmers Market. 11:30 a.m.-5 p.m. College of the Redwoods, 7351 Tompkins Hill Road, Eureka. Shop produce grown by students at the college's 38-acre Bianchi Farm in Shively. Market is held in front of the campus bookstore.

MEETINGS

Advocate Training. 6 p.m. CASA of Humboldt, 2356 Myrtle Ave., Eureka. Help the more than 250 children in foster care in Humboldt County. Become a voice for abused and neglected children. Free. info@humboldtcasa.org. www.humboldtcasa.org. 443-3197.

Human Rights Commission. First Thursday of every month, 5 p.m. County Courthouse, 825 Fifth St., Eureka. This month's agenda includes the use of public property and prison conditions. Free. 668-4095.

BOOKS

Barry Evans. 6 p.m. Northtown Books, 957 H St., Arcata. The author will be signing copies of his third Field Notes compendium, *Bride of Field Notes*.

LECTURE

"Diving with Penguins and Soaring with Albatrosses." 7:30 p.m. Humboldt County Office of Education, 901 Myrtle Ave., Eureka. Presentation by Ted Cheeseman. Bring a mug for coffee and come fragrance-free. Free.

MUSIC

Cliff Dallas and the Death Valley Troubadours. 8 p.m. Bayside Grange, 2297 Jacoby Creek Road. Dance to outlaw country at this benefit for Jacoby Creek Land Trust. \$15, \$10 student. susanjclt@gmail.com. www.baysidegrange.org. 822-0900.

Doug Fir & the 2x4s. 9 p.m. Arcata Playhouse, 1251 Ninth St. A multi-generational rock and roll show with the Good Homosapiens and Fire Pony. \$4. fbacik@townofscotia.com. 845-4995.

The Grascals. 8 p.m. Arcata Theatre Lounge, 1036 G St. A mix of bluegrass and country. \$18, \$15. info@arcata-theatre.com. www.arcatatheatre.com.

Guitar Ensemble. 8 p.m. Fulkerson Recital Hall, Humboldt State University, Arcata. Music from around the world, directed by Nicholas Lambson. \$8, Free to HSU students. 826-3928.

THEATER

Far East. 8 p.m. Redwood Curtain Theatre. See Nov. 7 listing.

Humboldt Unbound. 7:30 p.m. Van Duzer Theatre. See Nov. 7 listing.

A Midsummer Night's Dream. 7:30 p.m. Eureka High School Auditorium. See Nov. 7 listing.

EVENTS

Fig Twig Market. 5:30-8 p.m. Humboldt County Fairgrounds, 1250 Fifth St., Ferndale. Kick off your holiday shopping with 40 vendors ranging from shabby chic, up-cycled and vintage items. Admission goes to a scholarship fund for young artists. Friday evening \$5, Saturday \$1. figtwigmarket@gmail.com. 496-5867.

Hemp Fest. 7:30 p.m. Mateel Community Center, 59 Rusk Lane, Redway. A weekend celebration of music, comedy and hemp/cannabis-related events. Varies by night. www.mateel.org. 923-3368.

MEETINGS

Transforming a Rape Culture. 3 p.m. College of the Redwoods, 7351 Tompkins Hill Road, Eureka. This series of five discussions is inspired by the book *Transforming a Rape Culture*. Meet in SC 204. Free. dana-maher@redwoods.edu. www.redwoods.edu. 476-4539.

SPORTS

Eight Ball Tournament Night. 7 p.m. Rose's Billiards, 535 Fifth St., Eureka. Come and compete for prizes in a BCA rules double elimination tournament on 7-foot Diamond tables. \$1 off of beers for tournament players. \$5 plus \$3 green fee. guy@rosesbilliards.com. rosesbilliards.com. 497-6295.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park Street. Have fun and get some exercise at the same time! \$5.

9 saturday

ART

Arts on the Avenue. Second Saturday of every month, 6-8 p.m. Eagle Prairie Arts District, 406 Wildwood Avenue, Rio Dell. Local artists, artisans and music all along the avenue. Free. www.facebook.com/info.epad/info.

BOOKS

Susan Morton. 1 p.m. Old Town Coffee & Chocolates, 211 F St., Eureka. The local author will be signing her new book *Warnersville*. Free. www.oldtowncoffeereka.com. 445-8600.

DANCE

Kenny Ray and the Mighty Rovers. 6 p.m. Bayside Grange, 2297 Jacoby Creek Road. A night of dance lessons, rug-cutting and refreshments. \$10, \$18 for couples. admin@baysidegrange.org. www.baysidegrange.org. 822-9998.

MOVIES

Lost in Translation. 6 p.m. Christ Episcopal Church Chapel, 15th and G, Eureka. An American actor and a neglected wife form an unlikely bond in Tokyo. Rated R. Free popcorn! Free. christchurcheureka@att.net. cinemachforum.wordpress.com. 442-1797.

MUSIC

Humboldt Bay Brass Band. 8 p.m. Fulkerson Recital Hall, Humboldt State University. "A Century of Brass Behind the Redwood Curtain," features one selection from each decade of the last century. \$8, \$5 seniors, students are free.

Onhell, Eprom and Grenier. 9:30 p.m. Arcata Theatre Lounge, 1036 G St. Phantom Wave and World Famous Productions present a CD release party. \$20/\$15. world-famousparty@gmail.com. www.arcatatheatre.com.

SquarPeg. 7:30 p.m. Fortuna Monday Club, 610 Main St. The quartet performs chamber music for the 21st century. \$10, \$8 students and seniors. fortunaconcert@live.com. 682-6092.

8 DAYS A WEEK

THEATER

Far East. 8 p.m. Redwood Curtain Theatre, 220 First St., Eureka. A.R. Gurney's semi-autobiographical play set on a U.S. Navy base in Yokosuka, Japan, circa 1954. Directed by Craig Benson. \$15.

Humboldt Unbound. 7:30 p.m. Van Duzer Theatre, Humboldt State University. An HSU original production of the life of Alexander von Humboldt. \$10, \$8 students, limited free seating to HSU students. 826-3928.

A Midsummer Night's Dream. 7:30 p.m. Eureka High School Auditorium, 1915 J St. William Shakespeare's most popular comedy performed by the Eureka High Players. \$8, \$5 students. vossn@eurekacityschools.org. eurekahighplayers.com. 441-1735.

FOR KIDS

Art for Teens. 4:30-6 p.m. Fortuna United Methodist Church, 922 N St. Ink People's drop-in drawing, painting, mixed-media, sculpting and more for teens. Free. 726-9048.

Young Discoverers. 10:30 a.m. Discovery Museum, 501 3rd St., Eureka. Stories, crafts, songs and dance for children ages 3-5. Space is limited, so call ahead.

Teen and Community Center Planning. 6 p.m. Azalea Hall, 1620 Pickett Road, McKinleyville. Teens are encouraged to discuss the progress of the new center that will go into Pierson Park. Free pizza. www.mckinleyvillcsd.com.

ETC

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. Join fellow knitters, crocheters, weavers, spinners and other fiber artists as they socialize and work on their current projects. 442-9276.

8 friday

ART

Arts! Arcata. Second Friday of every month, 6-9 p.m. Arcata Plaza, Ninth and G streets. Art, music and more art. Downtown Arcata and surrounding area. Free. info@arcatamainstreet.com. www.arcatamainstreet.com. 822-4500.

THEATER

Family Arts Day. 2 p.m. Morris Graves Museum of Art, 636 F St., Eureka. Performances by the students of Dell'Arte, followed by Dia de Los Muertos art projects. Donations accepted. janine@humboldtarts.org. www.humboldtarts.org. 442-0278 x 202.

Far East. 8 p.m. Redwood Curtain Theatre. See Nov. 7 listing.

Humboldt Unbound. 7:30 p.m. Van Duzer Theatre. See Nov. 7 listing.

A Midsummer Night's Dream. 7:30 p.m. Eureka High School Auditorium. See Nov. 7 listing.

EVENTS

Craft Fair. 9 a.m.-3 p.m. Humboldt Grange, 5845 Humboldt Hill Road, Eureka. 20 different vendors. Free.

Fig Twig Market. 10 a.m.-5 p.m. Humboldt County Fairgrounds. See Nov. 8 listing.

Hemp Fest. 11 a.m. Mateel Community Center. See Nov. 8 listing.

Humboldt Historical Society Benefit. 2 p.m. Benbow Inn, 445 Lake Benbow Drive, Garberville. Food, wine, live and silent auctions and much more! \$35. www.benbowinn.com.

Intertribal Elder Gathering. 10 a.m.-9 p.m. Redwood Acres Fairgrounds, 3750 Harris St., Eureka. This sacred meeting of the elders has been held for the last 32 years and gives spectators a rare view into the world of indigenous tribes. Free, \$8 for dinner. ncidc.org. 445-8451.

Seaside Social. 5:30-7:30 p.m. Eureka Women's Club, 1531 J St. Delicious local cuisine, and a chance to discuss local issues with Congressman Jared Huffman. \$40. www.eurekaheritage.org.

Shelter Cove Arts and Crafts Faire. 11 a.m.-6 p.m. Community Clubhouse, 1555 Upper Pacific Drive, Whitethorn. Food, wine tasting, live music, locally made jewelry, crafts and much more.

StrangeBrew BeerFest. 6 p.m. Eureka Theater, 612 F St. Beer will be sampled — including local breweries' "strange brews" — tasting glasses will be provided, t-shirts will be shamelessly promoted and everyone will get tickets to vote for their favorite strange brew. \$20-\$25. info@theeurekatheater.org. 442-2970.

FOR KIDS

Family Fall Festival. 1-4 p.m. McKinleyville Activity Center, 1705 Gwin Road. A variety of carnival games, booths and crafts. Free. 839-9003.

Youth Driven Saturday Nights. 7 p.m. McKinleyville Activity Center, 1705 Gwin Road. Video games, basketball, board games, snacks, music and a place to just hang out. Open to all sixth through 12th-graders. Free. jesse.mcsd@gmail.com. 839-9003.

FOOD

Arcata Farmers Market. 9 a.m.-3 p.m. Arcata Plaza, Ninth and G streets. Locavores' delight: fresh vegetables and fruit from local producers, food vendors, plant starts, flowers, live music every week at 10 a.m. Free. humfarm.org. 441-9999.

continued on next page ►

Some Strange

American beer used to come in two flavors: cold and warm. But our palates have gone back to school, and today breweries have funkier names than garage bands, and sour beer is something you pay \$12 a glass for instead of pouring down the sink. Now that you can pick up a six of watermelon beer at the supermarket, it's also harder to shock people with new flavors. Challenge accepted. Here comes the **StrangeBrew BeerFest** at the **Eureka Theater** on **Nov. 9 at 6 p.m.** (\$20-\$25). The annual tasting and competition is where breweries, meisters

and home brewers get freak-ay with beer Jello shots, beer slushies and all kinds of Franken-beer fun. Sumbitch (a band, not an IPA) will be playing the sort of music you imagine a band with such a name might play, so that'll be a good time. Your ticket goes toward restoring the Eureka Theater and buys you the right to taste and vote for the champion strange brewer. Get a plate of barbecue and satisfy your curiosity by trying it all. Just keep an open palate. This thing might get weird.

—Jennifer Fumiko Cahill



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Q & A

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OUTDOORS

Arcata Marsh Tour. 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 600 S. G St. Meet a trained guide for a 90-minute walk focusing on the ecology of the marsh. Lead by Jane Wilson. Free. 826-2359.

Audubon Society Arcata Marsh Tour. 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary. Bring your binoculars and have a great morning birding! Meet the trip leader in the parking lot at the end of South I Street (Klopp Lake) in Arcata, rain or shine. The tour guide this week is Carol Wilson. Free. rras.org/calendar.

Coastal Naturalist Ambassador Training. 10:30 a.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. An overview of land management agencies, public access, the Friends of the Dunes mission, major programs and more. Free. info@friendsofthedunes.org. www.friendsofthedunes.org. 444-1397.

Eel River Salmon Dives. 8:30 a.m. Fortuna River Lodge, 1800 Riverwalk Drive. Volunteer divers and professional fish counters will estimate the number of fall Chinook salmon. You must be an excellent swimmer. Wetsuits are available. Call before attending. Free. phiggins@humboldt1.com. www.eelriverrecovery.org. 223-7200.

Falk Walk and Talk. 10:30 a.m. Headwaters Forest Reserve, End of Elk River Road, six miles off Highway 101, Eureka. Join ranger Julie Clark and Jon Humboldt Gates for a lecture and short walk. Gates will discuss his work on the book *Falk's Claim*. Free. caweb330@ca.blm.gov. 825-2300.

Hikshari' Trail Volunteer Trail Stewards Work Day. 9 a.m. Elk River Wastewater Treatment Plant, 4301 Hilfiker Lane, Eureka. Pulling invasive grasses and planting replacements. Tools and gloves provided. Bring water. Free. susanpenn60@gmail.com. 444-2357.

Jolly Giant Creek Clean Up. 9 a.m.-1 p.m. Bug Press, 1461 M St., Arcata. Help remove trash. Tools, drinks and snacks provided. Free.

State Parks Restoration Day. Second Saturday of every month, 9 a.m. Patrick's Point State Park, 4150 Patrick's Point Drive, Trinidad. Remove invasive plants. Wear sturdy shoes. Free. Michelle.Forys@parks.ca.gov. 677-3109.

SPORTS

HSU Veterans 5-10K Run and Walk. 8 a.m. Humboldt State University Redwood Bowl, HSU, Arcata. Proceeds support the outdoor program for student veterans and assists them in their transition from service to student life. Registration is from 8 a.m., the opening ceremony is at 9 a.m. and the run starts at 10 a.m. Prices vary. sth56@humboldt.edu. 826-6274.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion. See Nov. 8 listing.

DANCE

Tribal Oasis Bellydance. 2 p.m. Morris Graves Museum of Art, 636 F St., Eureka. Family-friendly folkloric dance directed by Megz Madrone. \$5 suggested donation. janine@humboldtarts.org. www.humboldtarts.org. 442-0278.

MOVIES

The Ox. 6 p.m. Eagle House Victorian Inn, 139 Second St., Eureka. A documentary about Blue Ox Millworks owner Eric Hollenbeck, plus live music and a Q-and -A with filmmaker Ben Proudfoot. RSVP. Free. vimeo.com/66295015. (323) 522-6953.

MUSIC

Bayside Grange Music Project. 5-9 p.m. Bayside Grange, 2297 Jacoby Creek Road. From 5-7 p.m. anyone playing any instrument with any ability is invited; 7-9 p.m. people with wind instruments for Bandemonium. Donations. gregg@relevantmusic.org. www.relevantmusic.org/Bayside. 442-0156.

Chamber Players of the Redwoods. 2 p.m. Christ Episcopal Church, 15th and H streets, Eureka. Music from the Classical and Romantic eras. Free. 839-1452.

EVENTS

Hemp Fest. 2-5 p.m. Mateel Community Center. See Nov. 8 listing.

Redwood Coast Scrabble Club. 1-5 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Tiles, letters and triple-word scores, oh my!

Retreat and Volunteer Awards Dinner. 9 a.m. Beginnings Octagon, 5 Cemetery Road, Redway. The Eel River Recovery Project presents a business meeting, planning session, lunch and ecological presentations. Volunteer awards and barbecued albacore dinner from 5-7 p.m. Donations accepted. phiggins@humboldt1.com. www.eelriverrecovery.org. 223-7200.

Volunteer Appreciation Dinner. 5 p.m. Lake Earl Wildlife Area, 2591 Old Mill Road, Crescent City. Wild mushroom soup with bread and wine to share. Sliding scale.

OUTDOORS

Guided Nature Walk. Second Sunday of every month, 9 a.m. Richard J. Guadagno Visitor Center, Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. This free, two-mile walk is open to the public and is a great way to familiarize yourself with the flora and fauna of HumCo. Binoculars are available at the visitor's center. Free. www.fws.gov/refuge/humboldt_bay. 733-5406.

SPORTS

Sandlot Baseball. 1 p.m. Sandlot league that's been around for seven or eight years in Arcata — all skill levels — open invite hardball. Games are every Sunday on the field behind the CHP station in Arcata. 18-plus. Bring glove. universal_justin_2@hotmail.com. 497-9594.

11 monday

ART

Veteran's Day Art. 1-3 p.m. Clarke Historical Museum, Third and E streets, Eureka. Celebrate the donation of Kathrin Burleson's "Faces of American Heroes" portraits. www.clarkemuseum.org.

DANCE

Friendship Circle Dance. 7-10 p.m. Moose Lodge, 4328 Campton Road, Eureka. Dancing for people in their 50s and older, with live music featuring tunes from the 1930s-50s. \$4. 725-5323.

Swing Dance Night. 7 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Lessons followed by a dance party. \$5. www.redwoodraks.com. 845-8795.

SPOKEN WORD

Poets on the Plaza. Second Monday of every month, 8 p.m. Plaza View Room, Eighth and H streets, Arcata. Read/perform your original poetry or hear others. \$1.

FOOD

College of the Redwoods Farmers Market. 11:30 a.m.-5 p.m. See Nov. 7 listing.

OUTDOORS

Eel River Salmon Dives. 9 a.m. Hoby's Market and Deli, 111 Main St., Scotia. Volunteer divers and professional fish counters will estimate the number of fall Chinook salmon. You must be an excellent swimmer. Wetsuits are available. Call before attending. Free. 764-4281.

12 tuesday

MUSIC

Ukulele Play and Sing Group. 1:30 p.m. Humboldt Senior Resource Center, 1910 California St., Eureka. All genres of music, from "Greensleeves" to "Kansas City," "Cupid" to "El Paso." If you can carry a tune and play a stringed instrument, come party! Donations appreciated. veganlady21@yahoo.com.

EVENTS

HUMBucks Monthly Exchange. Second Tuesday of every month, 5:30-7:30 p.m. Bayside Grange, 2297 Jacoby Creek Road. Event to exchange goods and services using HUMBucks, a non-monetary, local exchange system. juglersest@gmail.com. www.baysidegrange.org. 834-9019.

MEETINGS

Advocate Training. 6 p.m. CASA of Humboldt. See Nov. 7 listing.

ETC

Humboldt Cribbage Club. 6:15 p.m. Moose Lodge, 4328 Campton Road, Eureka. Play some cards. 444-3161.

13 wednesday

ART

Youth Street Art. 3:30 p.m. DTA Humboldt, 1063 H St., Arcata. Christopher Dmise hosts a workshop for teens ages 12-18. Learn yarn bombing, stencil art and moss graffiti. Free.

DANCE

MWE and Ya Habibi. 8 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Turkish/Balkan folk band from Oakland, accompanied by belly dancing. \$10 general, \$8 students. www.redwoodraks.com. 616-6876.

MOVIES

Who Cares About Kelsey? 6:30 p.m. Native American Forum, Humboldt State University. The film discusses the positive behavior intervention and support successes in one young woman's life. Part of National School Psychology Awareness Week. Free.

SPOKEN WORD

Conservation Lecture Series. 7 p.m. Sequoia Park Zoo, 3414 W St., Eureka. Matt Johnson presents "The Birds and the Beans: Coffee and Conservation in Jamaica, Kenya, and India." Free.

EVENTS

Pints for Nonprofit. Redwood Curtain Brewery, 550 South G St. #6, Arcata. Come and help support RampArt, a safe and encouraging environment for the youth in our



The Ox Man Cometh

They don't make 'em like they used to. Except for the Blue Ox Millworks, where owner/craftsman Eric Hollenbeck and his wife Viviana have been turning out architectural millwork the old-fashioned way for 40 years. That means using tools, techniques and materials from centuries past and the sweat that goes with it. Students at the Blue Ox Community High School get the benefit of those skills, along with a little airtime on 97.7 FM, Blue Ox Radio. What *aren't* they doing over there?

They don't make 'em like Hollenbeck anymore, either. Go to the free screening of *The Ox*, a very short documentary about the man, on **Sunday at 7 p.m.** (doors open at 6 p.m., RSVP to reserve seats 323-522-6953) at the **Eagle House** in Eureka. The mini-doc features Hollenbeck's musings on what it means to be a craftsperson and how he learned his trade. Stick around to ask the Hollenbecks and filmmaker Ben Proudfoot a few questions and listen to some live music. Michael Fields hosts the all ages-event, which promises surprise guests.

—Jennifer Fumiko Cahill

So You Wanna Fight. 7 p.m. Cher-Ae Heights Casino, 27 Scenic Drive, Trinidad. Fist-flying, knuckle-smashing, mixed martial arts and boxing. \$39-\$49. www.cherae-heightscasino.com. 677-3611.

ETC

Women's Peace Vigil. Second Saturday of every month, 12-1 p.m. County Courthouse, 825 Fifth St., Eureka. Dress in warm clothes and bring your own chair. No perfume, please. Free. 269-7044.

10 sunday

ART

Wildlife Art Show. 10 a.m.-5 p.m. Fortuna River Lodge, 1800 Riverwalk Drive. D. Nicholson Miller's paintings of animals seen locally and while on safari in South Africa. Free. sfinch@bigplanet.com. www.dnicholsonmiller.com. 725-4349.

community. Free. office@redwoodcurtainbrewing.com. www.redwoodcurtainbrewing.com. 826-7222.

FOR KIDS

Playgroup. 10 a.m. Discovery Museum, 501 3rd St., Eureka. Playtime in the museum that provides children and families with great resources. Free. info@discovery-museum.org. discovery-museum.org. 443-9694.

OUTDOORS

Sea Scouts. Second Wednesday of every month. Woodley Island Marina, 601 Startare Drive, Eureka. Learn to sail! The Humboldt Bay Sea Scouts is recruiting new members for their coed sailing program for ages 14 to 20. \$5 a month. 633-8572.

SPORTS

Hardcourt Bike Polo. 6 p.m. Highland Park, 100 Highland Ave., Eureka. Like regular polo, but with bikes on a tennis court. Bring a bike and helmet to join in. Mallets provided. Free. daryl_witmore@yahoo.com. 541-531-6671.

ETC

Dream Group. Every other Wednesday, 11 a.m.-1 p.m. Old Town Gazebo, F and Second streets, Eureka. Meet to discuss dreams and their meaning. Free. blauhaus@rocketmail.com.

14 thursday

LECTURE

"Driving Less". 5:30 p.m. Gist Hall 218, Humboldt State University, Arcata. Susan Handy presents as part of the Sustainable Futures Speaker Series. Free. serc@humboldt.edu. 826-4345.

Handweavers and Spinners Guild. 6:45 p.m. Wharfinger Building, 1 Marina Way, Eureka. Barbara Klessig of Humboldt State University will give a talk on the archaeology and culture of textiles. Free. 498-2472.

MOVIES

Local Filmmaker's Night. 6:30 p.m. Access Humboldt Community Media Center, Eureka High School, Eureka. Following the screening of *Plays Well with Others*, attendees can stay for Q-and-A with filmmaker Montel Vander Horck, movie trivia, prizes and a reception. \$5. 476-1798.

SPOKEN WORD

The Siren's Song Poetry Slam. Second Thursday of every month, 7:30 p.m. The Siren's Song Tavern, 325 Second St., Eureka. The only local competitive poetry show on the North Coast. Come early to sign up. Open mic in the first half for all those just getting their feet wet. Music and feature by DJ Gobi. Hosted by A Reason to Listen. \$5. areasontolistent@gmail.com. www.thesirensongtavern.com. 530-448-9458.

THEATER

Far East. 8 p.m. Redwood Curtain Theatre. See Nov. 7 listing.

Humboldt Unbound. 7:30 p.m. Van Duzer Theatre. See Nov. 7 listing.

A Midsummer Night's Dream. 7:30 p.m. Eureka High School Auditorium. See Nov. 7 listing.

You're a Good Man Charlie Brown. North Coast Repertory Theatre, 300 Fifth St., Eureka. The *Peanuts* classic, directed by Clark Gesner. Nov. 16 performance will benefit Arcata Arts Institute 8 p.m. \$18.

FOR KIDS

Art for Teens. 4:30-6 p.m. Fortuna United Methodist Church. See Nov. 7 listing.

Young Discoverers. 10:30 a.m. Discovery Museum. See Nov. 7 listing.

FOOD

College of the Redwoods Farmers Market. 11:30 a.m.-5 p.m. See Nov. 7 listing.

MEETINGS

Advocate Training. 6 p.m. CASA of Humboldt. See Nov. 7 listing.

ETC

Humboldt Grange 501 Potluck. Second Thursday of every month, 6:30 p.m. Humboldt Grange, 5845 Humboldt Hill Road, Eureka. Grange Women's Auxiliary meets at 6 p.m., potluck at 6:30 p.m., Grange meeting 7:30 p.m. nanettespearschade@gmail.com. 443-0045.

Sip and Knit. 6 p.m. NorthCoast Knittery. See Nov. 7 listing.

Volunteer Training. 5:30 p.m. SCRAP Humboldt, 101 H St. Suite D, Arcata. For those interested in working at the store or take on an administrative role. volunteer@scraphumboldt.org. www.scraphumboldt.org. 633-8349.

Heads Up...

Review and comment on the Humboldt Operational Area Hazard Mitigation Plan (Hazard Plan) until Nov. 12 at co.humboldt.ca.us/natural-resources/hazardmitigation.

Donate general and winter supplies at the Drive-by Drop-off on Nov. 16 at the Arcata United Methodist Church from 9 a.m. to noon. 633-6243.

The Bayside Grange wants vendors for their Hand-made/Makers' Fair held in December. 822-9998.

SCRAP Humboldt wants vendors for their Holiday Craft Bonanza. Applications are due by Nov. 22. www.scraphumboldt.org.

The Northern California Indian Development Council is seeking volunteers for the Intertribal Gathering and Elder's Dinner on Nov. 9. 445-8451.

Information and applications for artist in residence are now available at the Westhaven Center for the Arts. Applications due before Nov. 8. Visit wcaexhibits@gmail.com or call Ann at 677-0128.

The Arcata Presbyterian Church is planning its annual Christmas basket distribution. Call 822-1321 to donate.

McKinleyville Parks and Recreation is accepting registration for Youth Basketball League, now through Dec. 20. Call 839-9003.

Fortuna Parks and Recreation is accepting applications for Hot Shots Basketball League through Jan. 10. 725-7620.



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For more information: ikolo@justturns.com JustTurns.com Like Just Turns on Facebook!

Movie Times

Film times reflect the most current listings as of Tuesday afternoon. As schedules at individual theaters sometimes change, we recommend calling ahead to avoid any inconvenience.

Broadway Cinema

1223 Broadway St., Eureka, (707) 443-3456

About Time Fri-Thur: (12:10, 3:10), 6:05, 9:05
Captain Phillips Fri-Thur: (2), 5:15, 8:20
Carrie Fri-Thur: 5:05, 9:40
The Counselor Fri-Thur: (12), 5:20, 9:10
Ender's Game Fri-Thur: (12:05, 2:55), 5:45, 8:40
Free Birds Fri-Thur: (12:10, 1:05, 2:30, 3:35, 4:50), 5:50, 7:10, 8:10
Fruitvale Station Fri-Thur: (2:50), 7:30
Gravity Fri-Thur: (12)
Gravity 3D Fri-Thur: (2:15, 4:40), 7, 9:20
Jackass Presents: Bad Grandpa Fri-Thur: (2:20, 4:55), 7:15, 9:35
Last Vegas Fri-Thur: (12:20, 12:55, 3:30), 6:15, 8:55
Thor: The Dark World Fri-Thur: (1:10, 2:40, 4), 6:45, 8, 9:30
Thor: The Dark World 3D Fri-Thur: (12:15, 3:05), 5:55, 8:45

Mill Creek Cinema

1575 Betty Court, McKinleyville, (707) 839-2222

Captain Phillips Fri-Mon: (2:15), 5:20, 8:25; Tue-Thu: 5:20, 8:25
Ender's Game Fri-Mon: (12:40, 3:35), 6:20, 9:10; Tue-Thu: (3:35), 6:20, 9:10
Free Birds Fri-Mon: (12, 12:50, 3:10), 7:50; Tue-Thu: (3:10), 7:50
Free Birds 3D Fri-Thur: (4:45)
Gravity Fri-Thur: 5:30
Gravity 3D Fri-Mon: (12:15, 2:30), 7:05, 9:20; Tue-Thu: 7:05, 9:20
Jackass Presents: Bad Grandpa Fri-Mon: (12:10, 2:30, 4:50), 7:10, 9:30; Tue-Thu: (4:50), 7:10, 9:30
Last Vegas Fri-Mon: (12:55, 3:30), 6, 8:40; Tue-Thu: (3:30), 6, 8:40
Thor: The Dark World Fri-Mon: (12:30, 3:20), 6:10, 9; Tue-Thu: (3:20), 6:10, 9
Thor: The Dark World 3D Fri-Mon: (12, 2:50), 5:40, 8:30; Tue-Thu: (2:50), 5:40, 8:30

Minor Theatre

1001 H St., Arcata, (707) 822-3456

Gravity Fri: (4:55), 7:15, 9:30; Sat-Mon: (2:40, 4:55), 7:15, 9:30; Tue-Thu: (4:55), 7:15, 9:30
Last Vegas Fri: (4:20), 6:50, 9:20; Sat-Mon: (1:55, 4:20), 6:50, 9:20; Tue-Thu: (4:20), 6:50, 9:20
Thor: The Dark World Fri: (3:50), 6:30, 9:10; Sat-Mon: (1:10, 3:50), 6:30, 9:10; Tue-Thu: (3:50), 6:30, 9:10

Fortuna Theatre

1241 Main St., (707) 725-2121

Ender's Game Fri: (3:50), 6:50, 9:35; Sat: (1:10, 3:50), 6:50, 9:35; Sun-Mon: (1:10, 3:50), 6:50; Tue-Thu: (3:50), 6:50
Free Birds Fri: (4:45), 7:05, 9:25; Sat: (12:10, 2:30, 4:45), 7:05, 9:25; Sun-Mon: (12:10, 2:30, 4:45), 7:05; Tue-Thu: (4:45), 7:05
Jackass Presents: Bad Grandpa Fri: (4:55), 7:20, 9:50; Sat: (12, 2:20, 4:55), 7:20, 9:50; Sun-Mon: (12, 2:20, 4:55), 7:20; Tue-Thu: (4:55), 7:20
Last Vegas Fri: (4:30), 7:10, 9:40; Sat: (1, 4:30), 7:10, 9:40; Sun-Mon: (1, 4:30), 7:10; Tue-Thu: (4:30), 7:10
Thor: The Dark World Fri: (4), 7, 9:45; Sat: (1, 4), 7, 9:45; Sun-Mon: (1, 4), 7; Tue-Thu: (4), 7
Thor: The Dark World 3D Fri: (5:40), 8:30; Sat: (12, 2:50, 5:40), 8:30; Sun-Mon: (12, 2:50, 5:40); Tue-Thu: (5:40)

Garberville Theatre

766 Redwood Drive, (707) 923-3580

The Family Fri-Tue: 7:30; Wed: 6:30; Thu: 7:30

FILMLAND

Game On

The young and the restless

By John J. Bennett

filmland@northcoastjournal.com

Reviews

ENDER'S GAME. I'll go ahead and say it: I've never read *Ender's Game*. It didn't interest me in the first place, and now that author Orson Scott Card insists on disseminating his socio-political beliefs, I'm less inclined than ever to pick it up. Petty, childish rationale, I admit, and one I abandoned rather easily when I went to see the movie. Having done that, I kind of get what people have been going on about all this time. *Ender's Game* is, to Card's and screenwriter/director Gavin Hood's credit, a unique, textured look at large-scale conflict and the morality of killing through the eyes of a brilliant child. The movie is also rushed and uneven, but generally enjoyable.

Decades after narrowly avoiding total devastation brought on by invading Formics (giant ants from outer space bent on harvesting Earth's water supply), the global military decides children make the best candidates for super soldier-hood. Through an increasingly rigorous selection and training process, prospects advance toward coveted positions as military commanders. Ender Wiggin (Asa Butterfield), an unusual third child whose two older siblings both failed to make muster, distinguishes himself with his pragmatic attitude toward brutality, clear eye for strategy and capacity for empathy. Under



"HOW HAVE YOU NOT SEEN GHANDI OR STAR WARS?"

the stern tutelage of Colonel Hyrum Graff (Harrison Ford) Ender makes quick work of the officer candidate program and rises to the uppermost echelon of military service. At those dizzying heights, with his human kindness balanced against his tactical tenacity, he faces a life-changing trial.

The world of *Ender's Game*, as Hood renders it, is immense, detailed and polished. It's clean to the point of being antiseptic, which I have to assume is also part of Card's vision. This aesthetic suggests that the adults are trying to eliminate the messy, unpredictable child-ness of their soldiers, just as they've eliminated variation and organic forms from the environment. Which is also a nice way of saying that the look of the movie isn't particularly inventive or original. While expensively appointed and impressively realized, it borrows too much from other genre pictures to distinguish itself.

The performances of a predominantly young ensemble, on the other hand, set this film apart. Butterfield's Ender comes across as a real boy struggling to accept the greatness thrust upon him. Hailee Steinfeld and Moises Arias, respectively fantastic in the Coens' *True Grit* and Jordan Vogt-Roberts' magical *The Kings of Summer*, prove that those earlier performances weren't flukes.

Until the third act, the combination of production value, performance and story make this a fun, captivating ride. But at that point the action becomes so precipitous, the drama so forced, that the overall effect dematerializes, the suspended disbelief comes crashing down, and we're left with something "less-than." PG13. 114m.

LAST VEGAS. If you've seen the trailer for *Last Vegas*, you've seen *Last Vegas*. And while you and I may not have completely wasted our time, we are certainly no better for it.

A group of boyhood friends from

Brooklyn gather in Las Vegas to celebrate Billy's (Michael Douglas) impending marriage to a 31-year-old woman. Archie (Morgan Freeman) feels trapped and emasculated by his son's smothering attention following a minor stroke. Sam (Kevin Kline) finds himself trapped in Florida among the waiting-to-die. Paddy (Robert DeNiro) hasn't recovered from the death of his wife, and can't forgive Billy for not attending her funeral. Ostensibly, this is a study in facing mortality, embracing life and the importance of friendship. But handled as it is, it becomes a sad paean to the idea that, in their late 60s, these characters are all at death's door. As much as the movie might try to make up for this depressing narrative thrust with girls in bikinis and day drinking, the abiding effect is sadness.

Because the principal actors are beyond pros, *Last Vegas* is more watchable than it has any right to be. The writing is low-bar standard at best, and the production meets it on that level. But the actors, particularly Kline, make the most of it and mine humor from some pretty dire set-ups. So at least it's got that going for it. PG13. 105m.

FRUITVALE STATION. A lot has been said about this movie, most of it rightfully so. Based on the shooting death of Oscar Julius Grant III by B.A.R.T. police on New Year's Day, 2009, *Fruitvale* reconstructs Grant's last day, presenting him as a young man poised at a crossroads. Heartfelt, compact and sometimes surprisingly evenhanded, it and writer-director Ryan Coogler deserve attention, as do the considerable talents of Michael B. Jordan, who gives a performance of impressive breadth and depth.

The movie opens with real camera-phone footage of the interaction leading up to Grant's murder, which points to the most problematic thing about the movie. This is a real event, a recent one that was

MOVIES

Nov. 7 - Nov. 11

Thurs - Ocean Night ft. *The Whale* (2011) Doors at 6:30 p.m., \$3, All ages

Fri - The Grascals, Doors at 8 p.m., \$18/\$15, 21+

Sun - *Spy Kids* (2001) Doors 5:35 p.m., \$5, Rated PG

Mon - Monday Night Football, Doors at 5:15, Free, All ages

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shockingly well documented and from which a lot of people have yet to recover. As a result, much of the conversation about *Fruitvale* is consumed by partisan arguments for and against the police and Grant himself. This is inevitable, and unfortunate. People use the movie to bolster their own arguments regarding the case, but I was struck mainly by the apolitical nature of Coogler's storytelling. He's certainly sympathetic to Grant and his family, but he doesn't shy away from portraying him as a complicated, often difficult individual. At bottom, *Fruitvale Station*, tough and tragic as it is, impressed me with its profound, nuanced humanism. R. 85m.

— John J. Bennett

Preview

THOR: THE DARK WORLD. More flowing locks and Norse god mayhem than you can shake a hammer at in this post-*Avengers* sequel. PG13. 112m.

Continuing

BAD GRANDPA. Jackass ringleader Johnny Knoxville entertains as an old guy hitting the road (and everything else) with his grandkid. R. 92m.

CAPTAIN PHILLIPS. Tom Hanks is beset by Somali pirates in a charged and riveting drama. PG13. 134m.

CARRIE. Prom prank goes awry in an uninspired remake. Fine work by Chloe Grace Moretz and Julianne Moore as the mother and daughter with issues. R. 99m.

THE COUNSELOR. A strong cast, great writer and fine director, but this tale of a lawyer's big drug deal gone wrong still feels dull. R. 117m.

FREE BIRDS. Owen Wilson and Woody Harrelson voice animated time-traveling turkeys off to change Thanksgiving's main course. Yes, you just read that. PG. 91m.

GRAVITY. Sandra Bullock and George Clooney are adrift in space. It's the best of sci-fi with a real human story. PG13. 90m.

— Jennifer Fumiko Cahill

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FUSED GLASS JEWELRY FOR INTERMEDIATES. Learn advanced techniques to bring your fused glass jewelry to the next level. Learn to hand etch dichroic glass with various design elements. Create pendants & earrings then learn to wire wrap, make your own bails & earring hooks. Workshop offered Sat., Nov 9 & 16, 10 a.m.-noon. Fee: \$50/\$35 members, \$15 materials. Fire Arts Center. 520 South G St. Arcata. (707) 826-1445, www.fireartsarcata.com. (AC-1107)

Communication

PERSONAL HISTORIES EXPLORED AT LIFETREE CAFÉ. The lifelong impact of a tumultuous past will be discussed at Lifetree Café on Sun, Nov. 10 p.m. Program, titled "Getting Past...Your Past: And Making the Most of Your Future," features a filmed interview with author and actor Michael Fosberg, creator of the one-man show, "Incognito." Admission to the 60-minute event is free. Snacks and beverages are available. Lifetree Café is located on the corner of Union and 13th St., Arcata at Campbell Creek Connexion. Lifetree Café is a place where people gather for conversation about life and faith in a casual coffeehouse-type setting. Questions about Lifetree may be directed to Bob at 707 672 2919 or bobbipert@hotmail.com or campbellcreekconnexion@gmail.com. (CMM-1107)

Computer

BEGINNING MICROSOFT WORD 2010. Tues. & Thur. Nov. 12 & 14, 5:30 p.m.-9:30 p.m. CR Community Education, 525 D Street, Eureka. Fee \$65. Visit www.redwoods.edu. click on Community Education. Call (707) 269-4000 to register. (CMP-1107)

Dance/Music/Theater/Film

MUSIC LESSONS. Piano, Guitar, Voice, Flute, etc. Piano tuning, Instrument repair. Digital multi-track recording. (707) 476-9239. (DMT-1226)

BEGINNING STEEL DRUM. Mon. evenings, Nov. 11-18, 7-8 p.m. and Fri. mornings, Nov 8-22, 11:30 a.m.-12:30 p.m. Fee: \$50. Pan Arts Network 1049 Samoa Blvd. (707) 407-8998. info@panartsnetwork.com (DMT-1114)

COLOMBIA. History, Geography, Culture, Cuisine & Birds. Take a photographic tour of tropical Colombia from its violent history and decades of civil unrest to the recent political changes bringing peace and prosperity back to a country now in the forefront of Latin America. With Christopher Calonje. Friday, Nov. 22, 2-6 p.m. \$45/OLLI members, \$70/nonmembers. OLLI: 826-5880, www.humboldt.edu/olli. (O-1114)

DANCE WITH DEBBIE: BALLROOM, LATIN & SWING. Have fun learning to dance with a partner through our group or private lessons at North Coast Dance Annex: \$40/person/month. Couples & Singles welcome. Private lessons are the best way to learn at your speed. Single person = \$40/hour, Couples = \$60/hour. (707) 464-3638 debbie@dancewithdebbie.biz www.dancewithdebbie.biz (DMT-1031)

REDWOOD RAKS WORLD DANCE STUDIO, ARCATA. West African, Belly Dance, Tango, Salsa, Swing, Breakdance, Jazz, Tap, Modern, Zumba, Hula, Congolese, more! Kids and Adults, 616-6876. (DMT-1226)

Fitness

AIKIDO. Aikido is a beautiful, powerful, yet non-aggressive martial art that provides an effective method for developing our human potential. You will gain center, balance, coordination, flexibility, self-confidence and fluidity as well as insight into deeper meaning in your life. Beginning enrollment is ongoing for both kids and adults! Come observe anytime. The dojo entrance is off the F St. parking lot behind the Arcata Plaza. Adult class every weeknight 6 p.m.; kids Mon, Wed. 4 p.m. www.northcoastaikido.org, info@northcoastaikido.org, 826-9395.(F-1226)

DANCE-FIT. Dance, aerobics & strength training all in one class! Mon., Wed. & Fri. 9-10 a.m First class is free. Drop in for \$5 per class or 14 classes for \$55. No Limits tap & jazz studio, corner of 10th & K St. Arcata. 825-0922. (F-1226)

NORTH COAST FENCING ACADEMY. Fencing (with swords!). Improve your mind and body in a fun, intense workout, and a very chill environment. Ages 8 and up. 1459 M St., Arcata. Contact Justin (707) 601-1657 text or phone, or email northcoastfencingacademy@gmail.com (F-1226)

ZUMBA WITH MARLA JOY. Elevate, Motivate, Celebrate another day of living. Exercise in Disguise. Now is the time to start, don't wait. All ability levels are welcome. Every Mon. & Thurs. at Bayside Grange 6-7 p.m., 2297 Jacoby Creek Rd. \$6/\$4 Grange members. Every Tues. & Thurs Vector Pool, Aqua Zumba 9:15 a.m. (3289 Edgewood Rd, Eureka). Every Tue. at Trinidad Town Hall 12 p.m. & every Thur. at Eureka Vets Hall 12 p.m. Marla Joy (707) 845-4307. marlajoy.zumba.com (F-1226)

PILATES: INCREASE YOUR POTENTIAL THOUGH A MINDFUL MOVEMENT. Arcata Core Pilates offers beginning-advanced group Pilates Mat, reformer, chair, TRX, as well as Private Training Sessions. Our instructors are all certified. The diversity in training and background makes a deep well for clients to draw from. Call 845-8156 or email arcatacorepilates@gmail.com, website:arcatacorepilatesstudio.com. (F-1226)

SUN YI'S ACADEMY OF TAE KWON DO. Classes for kids and adults, child care, fitness gym, and more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit www.sunyisarcata.com, 825-0182. (F-1226)

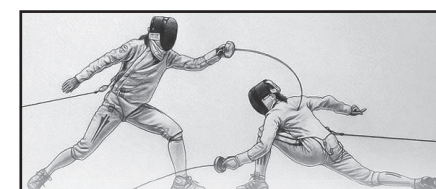
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ZUMBA WITH MIMI. Dance fitness to Latin & Pop music, sure to leave you sweaty and smiling! Mon, Wed. & Fri. 9:30 a.m. at Redwood Raks World Dance Center, Old Creamery Building, Arcata. \$5 class or \$50 for 11 class pass. First class free! (F-0102)

Food & Drink

TRADING THE PALATE. Humanity, Plants & Evolving Cuisine. Join Philip Wright in exploring the origins of our most revered crops and how these plants have influenced cuisine, trade and civilization. Mondays, Nov. 18- Dec.2, 6-8 p.m. \$55/OLLI members, \$80/nonmembers. OLLI: 826-5880, www.humboldt.edu/olli. (O-1114)

continued on next page ►



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workshops & CLASSES

continued from previous page

Holidays

FUSED GLASS HOLIDAY ORNAMENTS. 1 day workshop with Joelle Williams. With the use of festive colors and color slide decals Joelle will guide you through the steps to create your very own fused glass holiday ornaments. Create two ornaments ready for hanging. A great way to introduce you to fused glass. Pick a day! Sat. Nov. 2, 10 a.m.-noon or Fri. Nov. 8 during Arts Arcata 6-8 p.m. Fee: \$25 materials included. Class size limited. Get 6 friends together and create your custom class for \$145 call for details. Fire Arts Center. 520 South G St. Arcata. (707) 826-1445 (H-1107)

Home & Garden

HANDS-ON RAINWATER CATCHMENT. Learn while installing a six barrel system! Sat. Nov. 9, 1-4 p.m. Beneficial Living Center, South G St, Arcata.

Kids & Teens

STREET ART. Develop your street art persona as we make stencil art, moss graffiti, and yarn bombings throughout Arcata. Program is free & open to youth ages 12-18 as part of Arcata Recreation's City Arts. Meet Wed's 3:30 p.m., with other activities throughout the month. call Arcata Recreation Division (707) 822-7091 or Find us on Facebook for full schedule, locations: Facebook.com/arcatacityarts

Languages

EASY CONVERSATIONAL SPANISH 2. Fun class to better develop your conversational skills. Thurs. Nov. 14- Dec. 12. No class Nov. 28. 5:30 p.m.-7:30 p.m. College of the Redwoods, Eureka downtown site, 525 D St. (707) 269-4000. (LA-1107)

50 and Better

OSHER LIFELONG LEARNING INSTITUTE (OLLI). Offers dynamic classes for people age 50 and over. Call 826-5880 or visit www.humboldt.edu/olli to register for classes (O-1226)

BASIC COMPUTER SKILLS II. Learn internet use & safety, Word Pad, and formatting documents. Tues's & Thurs's Nov. 5-Dec. 5, 1-3 p.m. Fee \$79. Class held at CR Eureka downtown site 525 D Street. Call (707) 269-4000 to register. (O-1107)

CONTEMPORARY DIPLOMACY: INTERCULTURAL COMMUNICATION. Join Elena Matusевич for a discussion of different cultures and culture specific knowledge. Learn diplomatic communication, respecting differences and making the best possible use of them. Thurs.s, Nov. 14-Dec. 5, 3-5 p.m. \$55/OLLI members, \$80/nonmembers. OLLI: 826-5880 www.humboldt.edu/olli (O-1107)

FOR THE LOVE OF A HORSE. Join Jane Woodward for an interactive class that explores the myths and realities of owning, training, showing, racing and breeding horses, their traits, the breeds, and uses historically and today. Weds.s, Nov. 13-Dec. 4, 2-4 p.m. \$55/OLLI members, \$80/nonmembers. OLLI: 826-5880 www.humboldt.edu/olli (O-1107)

HUMBOLDT BAY BRASS BAND. Join director Dr. Gil Cline for a pre-concert lecture in the British brass band tradition. The concert features works from each decade for the last 100 years. Famous local, pop, film and classical. Concert ticket included. Sat., Nov. 9, 6:30-9 p.m. \$25/OLLI members, \$50/nonmembers. www.humboldt.edu/olli OLLI: 826-5880. (O-1107)

FRIENDLY FIRE: THE HISTORY AND ROLE OF FIRE IN REDWOOD NATIONAL PARK. Join Ranger Jim Wheeler and Prescribed Fire Manager John McClelland for a presentation and discussion of the role of fire in maintaining both historical landscapes and native plant communities. Lecture, Fri., Nov. 15, 1-3 p.m. Field Trip, Sat., Nov. 16, 9 a.m.-4 p.m. \$80/OLLI members, \$105/nonmembers. OLLI: 826-5880 www.humboldt.edu/olli (O-1107)

POST-TOTALITARIAN SOCIETIES: CENTRAL & EASTERN EUROPE. With Elena Matusевич. Examine critical perspectives of Central and East European societies, problems and challenges of the post-totalitarian legacy and practices aimed at reconciliation. Tuesdays, Nov. 12-26, 3-5 p.m. \$55/OLLI members, \$80/nonmembers. OLLI: 826-5880 www.humboldt.edu/olli (O-1107)

Spiritual

ARCATA ZEN GROUP MEDITATION. Arcata & Eureka. Beginners welcome. ARCATA: Sun's 7:55 a.m. At NorthCoast Aikido on F Street (entrance in alley between 8th and 9th, upstairs). Call 826-1701 or [visit arcatazengroup.org](http://visit.arcatazengroup.org). EUREKA: Wed's 5:55 p.m., 730 K Street upstairs. Call 845-8399 or barryevans9@yahoo.com. (S1226)

BHAGAVAD GITA WORKSHOP. At Om Shala Yoga. With Daruka Das. Sunday, November 17, 10:30-12 & 1-3pm. Considered among the most important and sacred texts of Hindu thought and Yoga Philosophy. \$25. 858 10th St., Arcata. 825-YOGA (9642), www.omshalayoga.com (S-1107)

KDK ARCATA BUDDHIST GROUP. Under the direction of Lama Lodru Rinpoche. We practice Tibetan meditation, followed by discussion. All are welcome. For more info contact Lama Nyugu (707) 442-7068, Fierro_roman@yahoo.com. Sun's 6 p.m. Community Yoga Center 890 G St, Arcata. Our webpage is www.kdkarcatagroup.org (S-1226)

TAROT AS AN EVOLUTIONARY PATH. Classes in Eureka, and Arcata. Private mentorships, readings. Carolyn Ayres. 442-4240 www.tarotofbecoming.com (S-1226)

Sports & Recreation

ROLLER SKATING. ROLLER SKATING. Blue Lake Parks & Recreation, Fri./Sat. 6:30-9:30 p.m. Sun. 2-5 p.m. Pajama Theme Skate: Fri. Nov. 29. Dress in your favorite pjs and receive \$1 discount! Punk Adult Skate: Sun. Nov. 10, 6:30-9:30 p.m. Dress in Punk Rock attire and receive \$1 discount! Planning a party? Call 668-5932 for info. Like us on Facebook at "Blue Lake Roller Rink"! (SR-1226)

Therapy & Support

FREE DEPRESSION SUPPORT GROUP. Walk-in support group for anyone suffering from depression. Meet Mon.s 6:30 p.m.-7:45 p.m., at the Church of the Joyful Healer, McKinleyville. Questions? Call (707) 839-5691. (TS-1226)

FREE GAMBLING TREATMENT. Call (707) 496-2856 Shawna Bell, LMFT, MFC #47122 www.norcalrecoveryservices.com (TS-1226)

SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS ? Confidential help is available. 825-0920 or 845-8973, saahumboldt@yahoo.com or (TS-1226)



Vocational

BEST PRACTICES IN MANAGEMENT: POWERFUL CONVERSATIONS. Any conversation has the potential to change a career, an organization, a relationship, or a life. Learn to provoke learning, tackle difficult people and tough challenges, and to enrich personal and professional relationships. We will practice necessary and tough conversations. With Janet Ruprecht. Fri., Nov. 15, 8:30 a.m.-12:30 p.m. Fee: \$95 (includes materials). Pre-registration required. Call HSU College of eLearning and Extended Education to register: 826-3731 or visit www.humboldt.edu/extended (V-1107)

NOTARY TRAINING. This one-day seminar for new and renewing notaries provides the practical training needed to pass the comprehensive exam required for all California Notaries. Mon., Nov. 25, 8:30 a.m.-4 p.m. Fee: \$149 plus additional for live scan, photo and exam. Pre-registration required. Call HSU College of eLearning & Extended Education to register: 826-3731 or visit www.humboldt.edu/extended/notary (V-1114)

SERVSAFE. Tues. Nov. 19, 8:30 a.m.-5 p.m. Fee \$175. Held at College of the Redwoods Community Education site, 525 D St, Eureka. (707) 269-4000 to register. (V-1107)

Wellness & Bodywork

ESSENTIAL ELEMENTS PRESENTS COMPLIMENTARY EDUCATIONAL CLASSES. Every Weds. 5:30 p.m. Nov. 6: Holistic Health Night with The Wellness Team. Nov. 13: Yoga For "You" with Stephanie Perrett. Nov. 20: doTERRA Essential Oil Series with Alicia Hashem. Nov. 27: Spa CLOSED in evening for Thanksgiving prep. 1639 Central Ave., Ste. A, McKinleyville. (707) 839-7772. For more information visit us at www.essentialelementsspa.com (W-1226)

INTRODUCTION TO AYURVEDA. At Om Shala Yoga. With Amy Aiello. Sat., Nov. 16. 1-3 p.m. Learn Ayurvedic tools to create balance while honoring your individual makeup. Fee: \$20 if paid by Nov. 9, \$25 after. 858 10th St., Arcata. 825-YOGA (9642) www.omshalayoga.com (W-1107)

ESSENTIAL ELEMENTS WELLNESS CLASSES: YOGA & PILATES. Mon.-Fri. 9:30 a.m & 5:30 p.m. Please see our website for our regular schedule. All classes include community use of our sauna 30 minutes prior to class. \$15 drop-in and discounted passes, with no expiration. 15% discount for Students and Seniors. 1639 Central Ave., Ste. A. McKinleyville. (707) 839-7772. For more info. on services and classes visit www.essentialelementsspa.com or email info@essentialelementsspa.com. (W-1128)

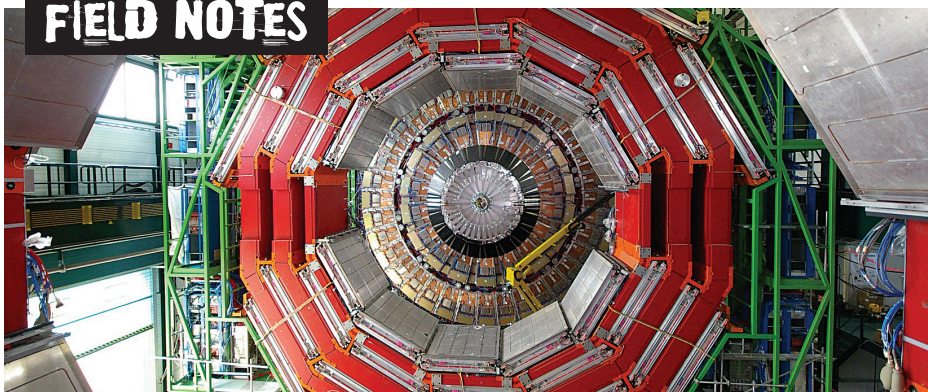
FALL ROLFING SPECIALS. With Lee Tuley, Certified Rolfer -10 series includes one free session. ALSO call now for free body analysis consultation. (541) 251-1885 (W-1226)

INTERNATIONAL RESTORATIVE YOGA DAY CELEBRATION. At Om Shala Yoga. With Jodie DiMinno. Sat., Nov. 16, 4-6 p.m. Join us for the Stress-Less Fest! All body sizes! All levels of fitness! All are welcome! Fee: \$20. 858 10th St., Arcata. 825-YOGA (9642) www.omshalayoga.com (W-1107)

MASSAGE SCHOOL INFORMATION NIGHT. Arcata School of Massage is hosting a free School Information Night on Mon., Nov. 11, 5:30-6:30 p.m. in our classroom at 145 South G St., Suite E, Arcata. Come meet our Director and Principle Instructors, see our classroom, and learn about our 650-hour Therapeutic Massage Certification Program. No registration necessary. Call (707) 822-5223 or visit us online at www.arcatamassage.com. (W-1107)

NORTHWEST INSTITUTE OF AYURVEDA. Learn: Nutrition, Herbs, Yoga, Self-Care, Colors, Spiritual Philosophy, Vedic Chants, Meditation, Aromatherapy, Traditional Diagnostics, Massage. 3-week "Introduction to Ayurveda", Jan. 14-18, Fee: \$108, at Moonrise Herbs. "Ayurvedic Self-Care & Cooking Immersion" Feb. 14-16 &/or Feb. 28-March 2. 10-Month "Ayurvedic Wellness Program" starts March 14. Part 1 of 3-Part Ayurvedic Practitioner Program (includes 10-Month Ayurvedic Herbalist Program & Clinical Internship). 1 weekend/month. Prerequisite: 1 of above classes. (707) 601-9025, www.ayurvedicliving.com. (W-0109)

FIELD NOTES



THE LARGE HADRON COLLIDER'S COMPACT MUON SOLENOID UNDER CONSTRUCTION IN 2005. THE 50-FOOT-DIAMETER, 12,500-TON DETECTOR WAS KEY TO THE DISCOVERY OF THE HIGGS PARTICLE IN 2012. EUROPEAN COUNCIL FOR NUCLEAR RESEARCH.

God Particle or Goddamn Particle?

By Barry Evans

fieldnotes@northcoastjournal.com

Just a month ago, the Royal Swedish Academy of Sciences announced that this year's Nobel Prize for Physics would go to two of the original six researchers who proposed the existence of the so-called "Higgs particle" in 1964. The Higgs is named after Scotsman Peter Higgs, one of the two laureates, the other being the Belgian François Englert. Last year, the Higgs was created and detected at the Large Hadron Collider (LHC) in Europe.

What is the Higgs? Technically, it's a boson: an elementary particle that carries a force. More prosaically, the Higgs particle is the face of the Higgs field, which you can think of as an omnipresent "glue" that gives other particles mass. Without the field, particles would zip around the universe at the speed of light. No you and me, no smell of fresh coffee, color of a rose, wind in your hair or Twitter. No nothing. In trying to explain just what the Higgs is, and why it matters, the *New York Times'* science correspondent Denis Overbye hit the metaphor on the head in these politically-charged times. He wrote: "According to this model, the universe brims with energy that acts like a cosmic molas-ses, imbuing the particles that move through it with mass, the way a bill moving through Congress attracts riders and amendments, becoming more and more ponderous and controversial."

So why did it take nearly 50 years after being predicted for the Higgs to be actually found? Because it's "rarely seen" (maybe one in a trillion particle collisions contains a Higgs boson) and it's heavy, as elementary particles go (130 times the mass of the proton, for instance). Such a massive particle can only be detected by a very high-energy machine. In fact, it took the world's most powerful particle collider, the LHC, two years to find the Higgs. The LHC

was constructed in a deep tunnel, 17 miles in circumference, straddling the Swiss-French border outside Geneva.

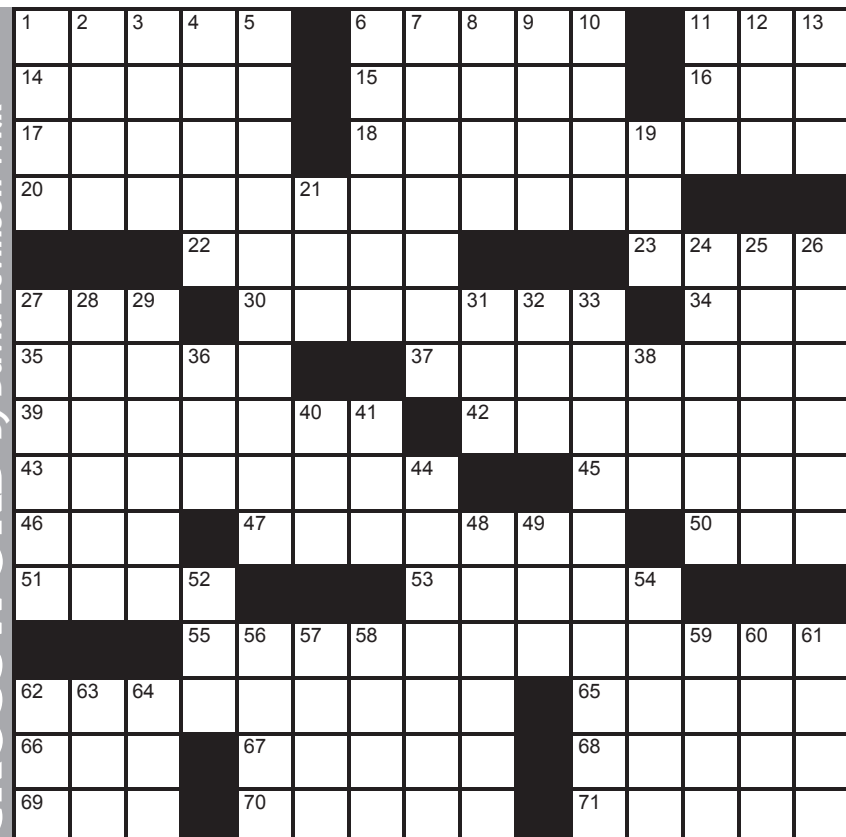
The announcement of the discovery was something of an anticlimax, since it fit the theoretical model perfectly, essentially completing the "Standard Model" of particle physics. Much more exciting, from the point of view of physicists, would have been *not* finding the Higgs, or finding it lighter or heavier than predicted. The discovery, pessimistically speaking, may be the last gasp of particle physics. Physicist and Nobel laureate Steven Weinberg wrote some years ago, "My nightmare ... is that the LHC discovers the Higgs boson and nothing else."

Weinberg's fear may be prescient. Far from being the "God Particle" described in the popular book of that name co-written by physicist Leon Lederman in 1993, the Higgs may turn out to match Lederman's alternative moniker, the "Goddamn Particle" (reflecting the cost and effort it took to find it). Now that it's been found, the Standard Model looks rock-solid as the "theory of almost everything." It's the "almost" that's the problem, since discovery of the Higgs gets us no closer to incorporating gravity into the theory, and we're as far away as ever from finding a universal Theory of Everything. Absent gravity, the Standard Model is, in physicist Michio Kaku's words, "a theory only a mother could love."

It's the opposite of the problem that great Danish physicist Neils Bohr faced many years ago when nothing seemed to fit. Far from being despondent, he enthused, "How wonderful that we have met with a paradox! Now we have some hope of making progress."

Barry Evans (barryevans9@yahoo.com) would settle for a *Theory of Anything*.

CROSSWORD By David Levinson Wilk



NO WOMAN

ANSWERS NEXT WEEK!

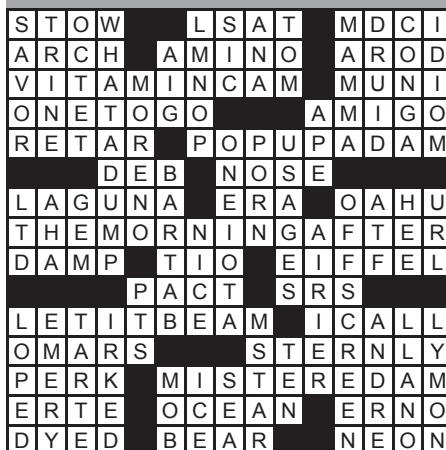
ACROSS

1. DMX's costar in "Cradle 2 the Grave"
6. Shade-loving plant
11. Aptly, the stock symbol Barnes & Noble uses on the NYSE
14. About 60% of the world's population
15. Separately
16. DMX's genre
17. Authors Horace and Thomas
18. 1977 Bee Gees hit
20. 1962 Four Seasons hit
22. NFL All-Pro player Chris and others
23. Hoax
27. Doctors hear a lot of them
30. Off-key
34. Org. whose mission is "the betterment of public health"
35. ___ good example
37. 2002 Justin Timberlake hit
39. President between James and Grover
42. It may break or scratch
43. 1964 Roy Orbison hit
45. First name on the U.S. Supreme Court
46. 2002 Ossie Davis film "Bubba Ho-___"
47. Mars
50. Standard batteries
51. 2000 World Series locale
53. CCCLI x III
55. 1974 Bob Marley song (or a hint to solving 18-, 20-, 37-, 43- and 62-Across)
62. 1984 Prince hit
65. Spiritual leaders
66. Sharer's word
67. Once-___ (quick appraisals)
68. Me.-to-Fla. highway
69. Cavalier org.
70. Organization that sponsors an annual Mind Games competition
71. Cavalier rival

DOWN

1. Doorframe part
2. Morales of "NYPD Blue"
3. Little bell sound
4. Fritz and k.d.
5. Slyly suggested
6. Source of the line "Neither a borrower nor a lender be"
7. Only native marsupial in North America
8. Reddish-brown gem
9. Smartphone introduced in 2002
10. Fax cover sheet abbr.
11. One piece of a two-piece
12. Neighbor of Mo.
13. Steamy place
19. Elevs.
21. Stimp's TV pal
24. Where Jay-Z and Beyonce celebrated their fifth wedding anniversary in 2013
25. First name in aviation
26. Gibbs and Maples
27. Fancy ties
28. Villain's laugh
29. Siberian plain
31. Japanese chip maker
32. ___ Claire, Wisconsin
33. Getting ready for the prom, say
36. Belarus, once: Abbr.
38. Nigerian people or language
40. Parisian season
41. A PDF may be converted to it
44. Complains nonstop
48. Top-level
49. A in German class?
52. "Dancing With the Stars" judge Carrie ___ Inaba
54. 2008 documentary about the national debt
56. 2010-11's Sixth Man of the Year winner Lamar ___
57. Zigzagged
58. Hot spot?
59. Gator's kin
60. Bit of Viking writing
61. River to the North Sea
62. Got the gold
63. Big airport
64. Distinctive period

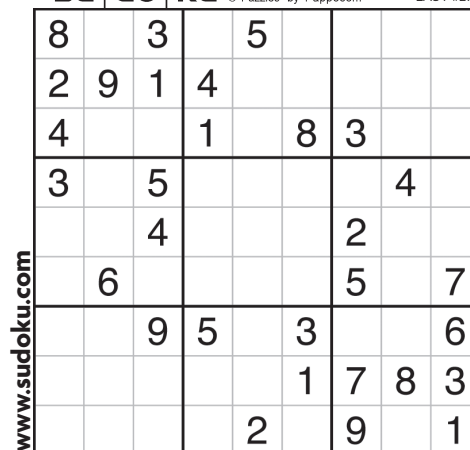
LAST WEEK'S ANSWERS TO MORNING



su | do | ku

© Puzzles by Pappocom

EASY #27



NOTICE OF PETITION TO ADMINISTER ESTATE OF KATHRYN IRENE HOPKINS, AKA, KATHRYN HOPKINS CASE NO. PR130304

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of: KATHRYN IRENE HOPKINS, aka, KATHRYN HOPKINS A PETITION FOR PROBATE has been filed by LORENA ANDELAINE EVANS-ROY in the Superior Court of California, County of Humboldt. THE PETITION FOR PROBATE requests that LORENA ANDELAINE EVANS-ROY be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING on the petition will be held on November 21, 2013 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept: 8. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special

Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. ATTORNEY FOR PETITIONER: CATHERINE M. KOSHKINS, ESQ., CSB #149503 KOSHKIN LAW FIRM 1116 ELEVENTH STREET ARCATA, CA 95521 (707) 822-2800 October 21, 2013 SUPERIOR COURT OF CALIFORNIA COUNTY OF HUMBOLDT

10/24, 10/31, 11/7/2013 (13-285)

NOTICE OF SALE OF SURPLUS PROPERTY GMC PICK-UP

The Blue Lake Fire Protection District will be accepting sealed bids on the following surplus property:

1995 GMC Sierra SL 1500 PICK UP Category: pick up

Chassis: GMC 1500 extra cab Other Included Equipment: none

This unit served as a Duty officer response pick-up until October 2013. This pick-up is being sold AS IS; cash or cashier's check only. Questions regarding this pick-up can be directed to Chief Ray Stonebarger (707) 668-5765. The pick-up can be viewed, by appointment; Monday October 28, 2013 through Friday November 15, 2013 by calling (707) 668-5765. Bid packets must be received at the District office located at 111 1st Ave. Blue Lake, Ca 95525 by 4 pm November 15, 2013

Bids will be opened at a public meeting scheduled for November 18th at 7 pm. Note: a reserve has been placed on this item Complete Bid Packet may be picked up at Blue Lake Fire Protection District, 111 1st Ave. Blue Lake, Ca 95525

11/7/2013 (13-290)

PUBLIC SALE

NOTICE IS HEREBY GIVEN that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to Sections 21700 -21716 of the Business & Professions Code, Section 2328 of the UCC, Section 535 of the Penal Code and provisions of the civil Code.

The undersigned will sell at public sale by competitive bidding on the 13th of November, 2013, at 9:00 AM, on the premises where said property has been stored and which are located at Rainbow Self Storage, at 4055 Broadway Eureka, Ca, County of Humboldt the following: Judith Franklin, Unit # 5025 Matthew Moser, Unit # 5037 Susan Davison, Unit # 5227 James Whelihan, Unit # 5239

The following units are located at 639 W. Clark Street Eureka, Ca.

County of Humboldt and will be sold immediately following the sale of the above units. Mark Andersen, Unit # 2703 Michael Frank, Unit # 3315

The following units are located at 3618 Jacobs Avenue Eureka, Ca, County of Humboldt and will be sold immediately following the sale of the above units. Jose Garcia, Unit # 1102 Dan Darling, Unit # 1369 Melissa Shea, Unit # 1569 Michael Frank, Unit # 1597 Travis Johnson, Unit # 1622 Michelle Steffen, Unit # 1680 Adelbert Mills, Unit # 1686 Tessa Japhet, Unit # 1687

The following units are located at 105 Indianola Eureka, Ca, County of Humboldt and will be sold immediately following the sale of the above units.

Rick Alton, Unit # 296 Rick Alton, Unit # 357 Antoinette Hunsucker, Unit # 377 Darrell Randolph Sr., Unit # 455 Jesse Brown, Unit # 472

Items to be sold include, but are not limited to: Household furniture, office equipment, household appliances, exercise equipment, TVs, VCR, microwave, bikes, books, misc. tools, misc. camping equipment, misc. stereo equip. misc. yard tools, misc. sports equipment, misc. kids toys, misc. fishing gear, misc. computer components, and misc. boxes and bags contents unknown.

Purchases must be paid for at the time of the sale in cash only. Anyone interested in attending the auction must sign in at 4055 Broadway Eureka CA. prior to 9:00 A.M. on the day of the auction, no exceptions. All purchase items sold as is, where is and must be removed at time of sale. Sale is subject to cancellation in the event of settlement between owner and obligated party. Auctioneer: Rainbow Self-Storage, (707) 443-1451, Bond # 40083246.

Dated this 31st day of October 2013 and 7th day of November 2013

10/31, 11/7, 2013 (13-288)

FICTITIOUS BUSINESS NAME STATEMENT 13-00574

The following person is doing Business as **LOST COAST WIZARDS** at 445 I St., Unit A, Arcata, CA. 95521, 245 First Ave., Rio Dell, CA. 95562 **Jesse Lee Williams**

245 First Ave. Rio Dell, CA. 95562

The business is conducted by An Individual

The registrant commenced to transact business under the fictitious business name listed above on 10/20/2013

/s/ Jesse Williams

This statement was filed with the County Clerk of Humboldt County on Oct. 22, 2013 CAROLYN CRNICH Humboldt County Clerk

10/31, 11/7, 11/14, 11/21/2013 (13-286)

FICTITIOUS BUSINESS NAME STATEMENT 13-00573

The following person is doing Business as **NURTURING ROOTS FAMILY CHILD CARE** at 1740 Stewart Ave., Arcata, CA. 95521

Kellie Anne Farrell 1740 Stewart Ave. Arcata, CA. 95521

The business is conducted by An Individual

The registrant commenced to transact business under the fictitious business name listed above on 10/20/2013

/s/ Kellie Farrell

This statement was filed with the County Clerk of Humboldt County on Oct. 22, 2013 CAROLYN CRNICH Humboldt County Clerk

10/31, 11/7, 11/14, 11/21/2013 (13-287)

FICTITIOUS BUSINESS NAME STATEMENT 13-00580

The following person is doing business as **PATCHWORK GLASSWORKS** at 136 W Wabash Ave., Eureka, CA 95501.

Alyssa Anne Bowers 1651 Pine St. Eureka, CA 95501

The business is conducted by An Individual.

The registrant commenced to transact business under the fictitious business name listed above on n/a.

/s/ Alyssa Anne Bowers

This statement was filed with the County Clerk of Humboldt County on October 25, 2013.

CAROLYN CRNICH Humboldt County Clerk

10/31, 11/7, 11/14, 11/21/ 2013 (13-289)

FICTITIOUS BUSINESS NAME STATEMENT 13-00592

The following person is doing Business as **CXYXTE** at 3152 Alice Ave., Arcata, CA. 95521

Rodney Christopher Hitchcock 3152 Alice Ave. Arcata, CA. 95521

The business is conducted by An Individual

The registrant commenced to transact business under the fictitious business name listed above on n/a

/s/ Rodney Christopher Hitchcock

This statement was filed with the County Clerk of Humboldt County on Oct. 30, 2013 CAROLYN CRNICH Humboldt County Clerk

11/7, 11/14, 11/21, 11/28/2013 (13-291)

Fictitious Business Name Statement \$55 442-1400

FICTITIOUS BUSINESS NAME STATEMENT 13-00564

The following persons are doing business as **FRIVOLOUS APPAREL** at 118 Gulliksen Dr., Fortuna, CA. 95540

Felicia Thomsson 118 Gulliksen Dr. Fortuna, CA. 95540

Scott Thomsson 118 Gulliksen Dr. Fortuna, CA. 95540

The business is conducted by a Married Couple

The registrant commenced to transact business under the fictitious business name listed above on 10/14/2013

/s/ Felicia Thomsson

This statement was filed with the County Clerk of Humboldt County on Oct. 11, 2013.

CAROLYN CRNICH Humboldt County Clerk

10/17, 10/24, 10/31, 11/7/2013 (13-281)

FICTITIOUS BUSINESS NAME STATEMENT R13-00570

The following person is doing Business as **REDWOOD HEMP** at 1188 Fickle Hill Rd. Apt. A, Arcata, CA. 95521

Anna Catherine Owen 1188 Fickle Hill Rd., Apt. A Arcata, CA. 95521

The business is conducted by An Individual

The registrant commenced to transact business under the fictitious business name listed above on n/a

/s/ Anna C. Owen

This statement was filed with the County Clerk of Humboldt County on Oct. 17, 2013

CAROLYN CRNICH Humboldt County Clerk

11/7, 11/14, 11/21, 11/28/2013 (13-292)

ORDER TO SHOW CAUSE FOR CHANGE OF NAME ABBEY MCDONALD CASE NO. CV130616 SUPERIOR COURT OF CALIFORNIA, COUNTY OF HUMBOLDT 825 FIFTH STREET EUREKA, CA 95501

PETITION OF: ABBEY MCDONALD FOR CHANGE OF NAME

TO ALL INTERESTED PERSONS: Petitioner: ABBEY MCDONALD for a decree changing names as follows:

Present name ABBEY MCDONALD to Proposed Name ABBEY BLACK

THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause, why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING

Date: December 2, 2013

Time: 1:45 p.m.

The address of the court is:

825 5th Street, Eureka, CA. Room: 8

Date: October 3, 2013

Filed: October 4, 2013

/s/ W. Bruce Watson

Judge of the Superior Court

10/24, 10/31, 11/7, 11/14/2013 (13-282)

RESTAURANTS, MUSIC, EVENTS, MOVIE TIMES, ARTS LISTINGS, BLOGS

m.northcoastjournal.com

Bookmark the URL and it's ready to go, right on your phone.



Announcements

**LOLETA VOLUNTEER
FIRE DEPARTMENT**

ANNUAL LOLETA FLEA MARKET
Fireman's Pavillion, Nov 10
From 9am-3pm.
For information call 733-1930

Opportunities

SEQUOIA PERSONNEL SERVICES INC.

Part Time Reception • Warehouse Labor
 Cus. Service/dispatcher • Office Manager/BK
 Outside Sales • Network Administrator
 Help Desk • Bankruptcy Asset Manager
 Technology Service Tech • Auto Tech
 Senior HR Executive • Staff Accountant
 Painter • VP of Operations, Finance

707.445.9641 www.sequoiapersonnel.com
2930 E Street Eureka, CA 95501

SEQUOIA PERSONNEL SERVICES INC.

ACCOUNTANT

Hunter, Hunter and Hunt one of Humboldt's largest Accountancy firms is looking for your skills and experience but also your enthusiasm for being part of their team! The successful candidate will have a tax background and is looking for a long term opportunity. This progressive firm prides itself on providing a real team environment that encourages professional growth allowing for an upward career path. Their business is expanding and they are anxious to hire. This rare opportunity is offered exclusively through Sequoia Personnel Services. For a strictly confidential inquiry please email Liana@sequoiapersonnel.com or call 445-9641. We are not looking to put you into a JOB, we are hoping to find you a home where you can grow, contribute and have the opportunity for partnership over time. Put our nearly 35 years of experience behind you for a very successful and professional transition into your last and best career move. We are hoping to hire and have you in place by the beginning of tax season...so hurry! This is the opportunity you have been waiting for. Full benefits package and salary DOE.

707.445.9641 www.sequoiapersonnel.com
2930 E Street Eureka, CA 95501

Opportunities

EXECUTIVE DIRECTOR NORTH COAST SUBSTANCE ABUSE COUNCIL
 Agency offers residential services. Primary duties: hiring staff, insures Agency's programs meet all certification and licensing standards, serves as fiscal officer, maintains good working relationship with agencies that refer clients and develops annual goals and objectives. Qualifications: Education - B.A. in Public Administration, Human Services or other related fields, and/or non-profit management exp. with 5 years of management. Salary \$35,000-42,500 Mail resume to: Search Committee, c/o P.O. Box 13, Eureka, CA 95502

EDUCATION

EQUAL OPPORTUNITY TITLE IX

For jobs in education in all school districts in Humboldt County, including teaching, instructional aides, coaches, office staff, custodians, bus drivers, and many more, go to our website at www.humboldt.k12.ca.us and click on **Employment Opportunities**.

Applications and job flyers may be picked up at the Personnel Office, **Humboldt County Office of Education, 901 Myrtle Ave, Eureka**, or accessed online. For more information, call 445-7039.

Area 1 Agency on Aging

Promoting Independence for a Lifetime

Area 1 Agency on Aging - Eureka Office
Information and Assistance Resource Specialist

This 28-35 hours/week position is responsible for providing information, referral, advocacy and other A1AA services to older adults and caregivers.

For a job description and application, visit www.a1aa.org online, or the A1AA office at 434 7th Street, Eureka, CA 95501. For information, call Jeanie Ren at 442-3763, Ext. 209. Position open until filled.

BEAR RIVER

CASINO & HOTEL

Share your talent for fun and excitement.

Marketing Coordinator

Coordinates and assists with various marketing activities. Min 4 years exp with background in marketing or related field. Must be proficient in Microsoft Office Suite. Degree in Business or related field preferred.

Entertainment Coordinator

Books all entertainment and special events as well as serves as master of ceremonies for promotions and drawings. Min 5-7 years exp with background in marketing or related field. Must have knowledge of booking entertainment acts and exp working with band managers and be able to speak in front of crowds in an entertaining manner.

General Ledger Accountant

Duties include bank account reconciliations, BOE tax returns, ACH payments to vendors, reconciliation of various other G/L accounts, fixed assets, backup for both Payroll and Accounts Payable. Min 2 years exp working in business accounting required. Experience with payroll and accounts payables highly preferred.

Tribal preference given per the Indian Self-determination and Education Assistance Act (25 U.S.C Section 450 e(B)). For an application and more information please go to www.bearrivercasino.com or call (707) 733-1900 x 167.

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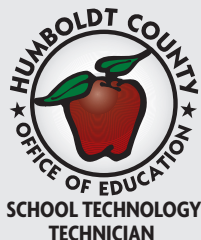
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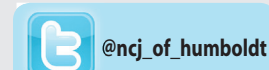
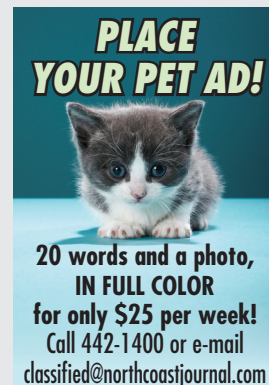
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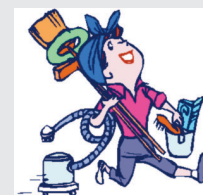
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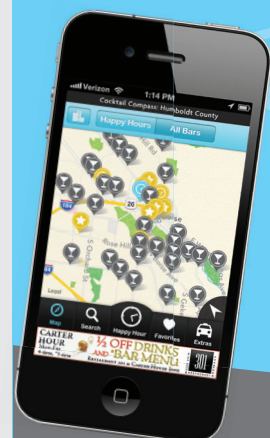
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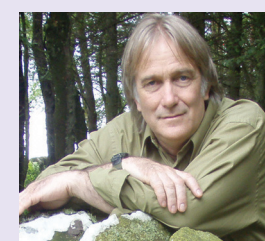


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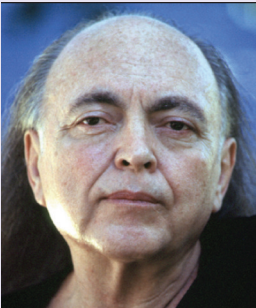
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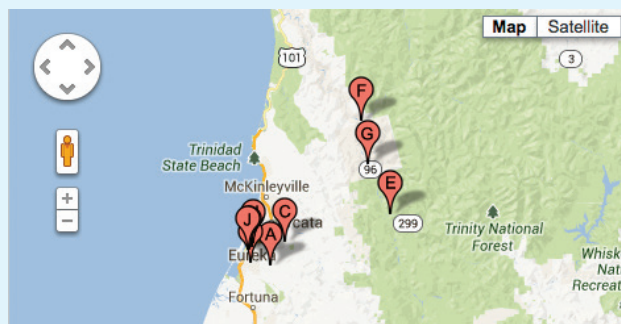
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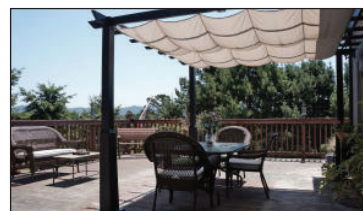
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+/- 160 Acres located on Friday Ridge Road featuring terraced elevation with flats, moderately wooded, and multiple springs. Beautiful Trinity River views and USFS access to great end of the road privacy. Call Kyla or Charlie Tripodi today for your private tour!
\$325,000



PETROLIA LAND/PROPERTY
Fully Developed Homestead with two modest cabins on +/- 76 acres in Petrolia, only about 12 minutes from Petrolia. Gorgeous panoramic views of the ocean and surrounding mountains. Two shops, chicken coop, tool shed, amazing solar setup, and many more desirable amenities for off the grid living.
\$699,000



2120 CAMPTON RD. STE #C - EUREKA, CA 95503
www.humboldtlandman.com

FORTUNA SINGLE FAMILY HOME
Beautiful Colonial style Victorian home originally built in 1905. Many modern amenities combined with the original details and craftsmanship make this home breathtaking. Includes a one bedroom mother-in-law unit with its own entrance. A must see grand entrance, large rooms, beautiful original woodwork, and library amongst many other improvements.
\$530,000

Celebrating 25 Years as Your North Coast Casino

New Members Get \$10 in Casino Cash
& a Bounce Back for \$10 more!



Highway to Luxury Giveaway

Earn Entries Starting:
Saturday, November 2
Grand Prize Drawing:
Friday, December 27 - 10 pm

This Holiday Season
Win the keys to true
luxury and a brand new

2014 Mercedes-Benz!



Complete details at the Crown Club. Earn an entry for the drawing with every 100 points earned.
Actual vehicle color, make and model may vary. No cash option.

SO YOU WANNA FIGHT AT CHER-AE HEIGHTS CASINO

SATURDAY NOV 9

Tuff Guy MMA & Boxing
CherAeHeightsCasino.com

Ringside: **\$49** • Reserved: **\$39**
Doors at 6PM • Starts at 7PM
(PRICES INCLUDE A \$2 SERVICE & HANDLING FEE)

TO ENTER CALL
707.440.3511
www.soyouwannafight.com



Photos by Wes Schrecongost

For ticket information check with the Cher-Ae Heights Casino Crown Club or visit us
online at www.cheraeheightscasino.com. Must be 21 years of age or older with valid ID.



S.I.N. & Service Night

Thursdays 6 pm to Close
Let's get the party going! Get \$1.50 domestics or \$2 well drinks
with proof of service industry employment or military service
and party the night away with Accurate Productions DJs.



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SO MANY GAMES TO FILL THE LONGER NIGHTS. COME ON
UP TO THE HEIGHTS AND PLAY OUR NEW **3 CARD POKER**
WITH 6 CARD BONUS, BONUS SPIN PROGRESSIVE
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BINGO HALL



BINGO BONUSES

GO, GO, GO...THIS NOVEMBER - **BINGO BUCKS HOT SEATS FRIDAYS.**
ON THURSDAY THE 28TH YOU CAN **GET STUFFED HOT SEATS.** GET
READY AND GET YOUR SPOT RESERVED FOR OUR **NEW YEAR'S EVE**
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